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Banana Almond Butter and Dates ♦

A delicious and healthy recipe combining the sweetness of bananas, the creaminess of almond butter, and the natural sweetness of dates. This recipe is perfect for vegetarians.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	Banana
100 g	almond butter
100 g	Dates

Directions

Step 1

Cutting

Peel and slice the bananas.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread almond butter on each banana slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Plating

Top each banana slice with a piece of date.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Serving

Serve and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 9 g

Protein: 5 g

Carbohydrates: 27 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	27 g	49.09%	54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	4 g	10.53%	16%
Sugars	14 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	9 g	32.14%	36%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	7 mg	46.67%	46.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	6 mg	0.6%	0.6%
Iron	6 mg	75%	33.33%
Potassium	350 mg	10.29%	13.46%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Course

Side Dishes Desserts Breads Salads Snacks Sauces & Dressings

Diet

Vegetarian Diet Vegan Diet Raw Food Diet Lacto-Vegetarian Diet
Lacto-Ovo Vegetarian Diet Engine 2 Diet Blood Type Diet Ayurvedic Diet
Gluten-Free Diet Low Sodium Diet The Fast Metabolism Diet

Meal Type

Lunch Snack

Difficulty Level

Medium

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