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## Rice Cakes with Banana & Almond Butter ♦♦

Rice Cakes with Banana & Almond Butter is a delicious vegetarian recipe that is perfect for breakfast or a snack. The rice cakes provide a crispy base, while the banana adds natural sweetness, and the almond butter adds a creamy and nutty flavor. This recipe is easy to make and can be enjoyed by both kids and adults.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

4  
pieces rice cakes

1  
medium Banana

4 tbsp almond butter

## Directions

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### Step 1

Spread almond butter evenly on each rice cake.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Slice the banana and place the slices on top of the almond butter.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 8 g

**Protein:** 6 g

**Carbohydrates:** 27 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	27 g	49.09%	54%
Fibers	4 g	10.53%	16%
Sugars	10 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	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	80 mg	3.48%	3.48%
Calcium	6 mg	0.6%	0.6%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Events

Christmas

Easter

Valentine's Day

## Meal Type

Breakfast

Snack

## Nutritional Content

Low Calorie

## Course

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

## Demographics

Kids Friendly

## Diet

Slow Carb Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

## Difficulty Level

Medium

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