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Rice Cake with Peanut Butter, Blackberries & Honey ♦

A delicious vegetarian recipe featuring rice cakes topped with creamy peanut butter, fresh blackberries, and a drizzle of honey. Perfect for a quick and healthy snack or breakfast option.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 150 grams

Number of Servings: 1

Serving Size: 150 g

Ingredients

1 piece	rice cake
1 tablespoon	Peanut Butter
0.5 cup	Blackberries

1 Honey
tablespoon

Directions

Step 1

Spread peanut butter evenly on the rice cake.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Arrange blackberries on top of the peanut butter.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Drizzle honey over the blackberries.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 7 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
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	25 mg	27.78%	33.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	120 mg	5.22%	5.22%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	220 mg	6.47%	8.46%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Course

Salads Snacks Sauces & Dressings

Demographics

Teen Friendly

Diet

Vegan Diet Raw Food Diet Pescatarian Diet Ovo-Vegetarian Diet
 The Air Diet The Negative Calorie Diet The Master Cleanse Diet
 The SlimFast Diet The Cambridge Diet The CICO (Calories In, Calories Out) Diet
 The Peanut Butter Diet The Bulletproof Diet The HCG Diet

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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