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Peanut Butter Banana Toast ♦♦

Peanut Butter Banana Toast is a delicious and nutritious breakfast option. It is made by spreading peanut butter on a slice of toast and topping it with sliced bananas. This recipe is vegetarian and can be easily customized to be vegan by using a plant-based bread and peanut butter.

Recipe Type: Vegetarian

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 100 grams

Number of Servings: 1

Serving Size: 100 g

Ingredients

1 slices	Bread
1 tbsp	peanut butter
1 medium	Banana

Directions

Step 1

Toaster

Toast the bread until golden brown.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Spread peanut butter evenly on the toasted bread.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Cutting

Slice the banana and arrange the slices on top of the peanut butter.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 7 g

Carbohydrates: 28 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	28 g	50.91%	56%
Fibers	4 g	10.53%	16%
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
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	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Winter Spring Summer

Meal Type

Breakfast Brunch Lunch Snack

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Course

Appetizers Breads

Difficulty Level

Medium

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