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Rice Cake with Peanut Butter, Pear, and Honey

This recipe is a delicious and nutritious snack or breakfast option. It combines the flavors of rice cake, creamy peanut butter, sweet pear, and drizzles of honey. It is easy to make and can be enjoyed by both kids and adults.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 100 grams

Number of Servings: 1

Serving Size: 100 g

Ingredients

50 g	rice cake
20 g	peanut butter
100 g	Pear
10 g	honey

Directions

Step 1

Spread peanut butter on the rice cake.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the pear and arrange the slices on top of the rice cake.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Drizzle honey over the pear slices.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 13 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	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)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	13 g	46.43%	52%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	8 mg	8.89%	10.67%
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	100 mg	4.35%	4.35%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	240 mg	7.06%	9.23%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Events

Christmas Easter Mother's Day New Year

Meal Type

Breakfast Brunch Snack Supper

Nutritional Content

Low Calorie Low Fat High Fiber Low Sodium High Vitamin C

Kitchen Tools

Blender Microwave

Course

Appetizers Side Dishes Salads Snacks

Cultural

Chinese New Year

Cost

Under \$10

Demographics

Kids Friendly Teen Friendly

Difficulty Level

Medium

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