



A Nutrition Resource

PEANUT BUTTER BANANA ROLL-UPS

Yield: 1 Serving | Serving Size: 1 roll-up
Cost/serving: \$0.65

Ingredients:

- 1 (8-inch) whole wheat tortilla
- 1 Tablespoon peanut butter
- 1 banana

Directions:

- 1) Place tortilla on a flat surface. Spread peanut butter evenly over the entire wrap.
- 2) Lay banana onto the lower third portion of the wrap and gently roll it up in the wrap until it is completely covered. press gently to allow the peanut butter to seal the wrap closed.



Nutrition Facts

1 servings per container
Serving size 1 roll-up (179g)

Amount per serving
Calories 330

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 49g	18%
Dietary Fiber 4g	14%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 86mg	6%
Iron 2mg	10%
Potassium 422mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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