

**WHOLE WHEAT TOAST TOPPED WITH PEANUT BUTTER, BANANA, AND CHIA.** 1 rebanada

INGREDIENTES

- 1 slice of bread (42g)
- 1 teaspoon of peanut butter (11g)
- 1/2 banana, sliced (50g)
- 1 tablespoon of chia seeds, for sprinkling (7g)

MÉTODO DE PREPARACIÓN

- 1º Spread the bread with a tablespoon of peanut butter, add the banana on top, and sprinkle with chia.

INFORMACIÓN NUTRICIONAL

	POR 100 g	POR REBANADA (110 g)	% DDR
ENERGÍA	211 kcal	232 kcal	12 %
GRASA	7 g	7 g	11 %
GRASAS SATURADAS	1 g	1 g	5 %
COLESTEROL	0 mg	0 mg	0 %
SODIO	422 mg	464 mg	19 %
H. CARBONO	29 g	32 g	11 %
AZÚCARES	4 g	4 g	—
FIBRA ALIMENTARIA	5 g	6 g	22 %
PROTEÍNA	7 g	8 g	—