



Banana Yogurt Parfait with Maple Oat Topping



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



77 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 banana sliced
- ☐ 1 tablespoon maple syrup
- ☐ 6 tablespoons old-fashioned rolled oats
- ☐ 0.8 cup greek yogurt plain low-fat

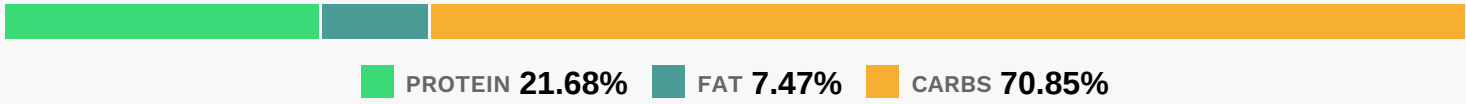
Equipment

- ☐ frying pan

Directions

- ☐ Heat a nonstick skillet over medium heat.
- ☐ Combine oats and maple syrup; add oat mixture to pan, and cook 2 to 3 minutes.
- ☐ Top yogurt with banana slices and toasted oats.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:5.25, Inflammation Score:-1, Nutrition Score:4.1456521892029%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 77.39kcal (3.87%), Fat: 0.66g (1.01%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 12.7g (4.62%), Sugar: 6.33g (7.03%), Cholesterol: 1.5mg (0.5%), Sodium: 11.83mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Manganese: 0.42mg (20.99%), Vitamin B2: 0.16mg (9.62%), Phosphorus: 75.51mg (7.55%), Selenium: 5.29µg (7.55%), Vitamin B6: 0.11mg (5.65%), Fiber: 1.34g (5.36%), Magnesium: 20.45mg (5.11%), Potassium: 161.85mg (4.62%), Calcium: 42.58mg (4.26%), Vitamin B12: 0.21µg (3.5%), Vitamin B1: 0.05mg (3.31%), Zinc: 0.48mg (3.23%), Vitamin B5: 0.26mg (2.59%), Copper: 0.05mg (2.58%), Vitamin C: 2.05mg (2.49%), Folate: 9.12µg (2.28%), Iron: 0.39mg (2.18%), Vitamin B3: 0.3mg (1.52%)