



Banana yogurt pots

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

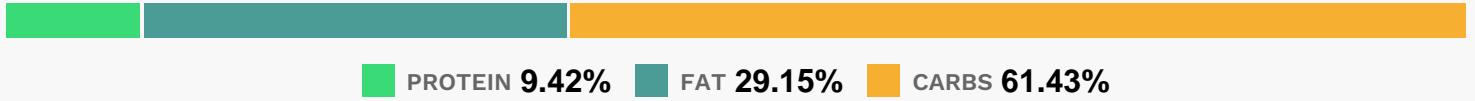
- 450 g yogurt thick
- 3 banana cut into chunks
- 4 tbsp t brown sugar dark
- 25 g walnuts toasted chopped

Equipment

Directions

- Dollop about 1 tbsp yogurt into the bottom of 4 small glasses.
- Add a layer of banana, then some more yogurt. Repeat the layers until the glasses are full. Scatter over the sugar and nuts, then leave in fridge for 20 mins until sugar has dissolved.

Nutrition Facts



Properties

Glycemic Index:23.44, Glycemic Load:10.88, Inflammation Score:-4, Nutrition Score:8.6247825492983%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 233.87kcal (11.69%), Fat: 8.02g (12.34%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 38.05g (12.68%), Net Carbohydrates: 35.33g (12.85%), Sugar: 27.84g (30.94%), Cholesterol: 14.63mg (4.88%), Sodium: 56.12mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.67%), Manganese: 0.46mg (23.23%), Vitamin B6: 0.4mg (19.96%), Calcium: 156.63mg (15.66%), Potassium: 534.73mg (15.28%), Phosphorus: 148.45mg (14.85%), Vitamin B2: 0.23mg (13.75%), Magnesium: 48.35mg (12.09%), Fiber: 2.72g (10.88%), Vitamin C: 8.34mg (10.11%), Copper: 0.18mg (9.21%), Folate: 31.82µg (7.96%), Vitamin B5: 0.78mg (7.85%), Vitamin B12: 0.42µg (6.94%), Zinc: 0.99mg (6.62%), Selenium: 3.81µg (5.44%), Vitamin B1: 0.08mg (5.42%), Vitamin B3: 0.76mg (3.78%), Vitamin A: 169.26IU (3.39%), Iron: 0.55mg (3.07%), Vitamin E: 0.2mg (1.33%)