



Blueberry-Banana Yogurt



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



74 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 banana ripe
- ☐ 0.3 cup blueberries
- ☐ 0.5 cup yogurt plain

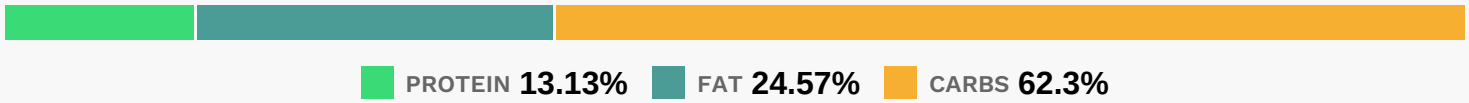
Equipment

- ☐ bowl

Directions

- ☐
- Place blueberries and banana in a small bowl; mash with a fork until well blended and few chunks remain. Stir into yogurt.
- ☐
- Serve immediately, or cover and refrigerate.

Nutrition Facts



Properties

Glycemic Index:56.89, Glycemic Load:4.7, Inflammation Score:-2, Nutrition Score:3.7030434725077%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 2.78mg, Catechin: 2.78mg, Catechin: 2.78mg, Catechin: 2.78mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 74.16kcal (3.71%), Fat: 2.15g (3.31%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 11.05g (4.02%), Sugar: 8.3g (9.22%), Cholesterol: 7.96mg (2.65%), Sodium: 28.66mg (1.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.17%), Calcium: 76.7mg (7.67%), Manganese: 0.14mg (7.21%), Vitamin B6: 0.14mg (6.87%), Vitamin B2: 0.12mg (6.83%), Phosphorus: 66.9mg (6.69%), Potassium: 214.79mg (6.14%), Vitamin C: 4.67mg (5.66%), Fiber: 1.21g (4.84%), Magnesium: 16.42mg (4.11%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 3.84µg (3.66%), Vitamin B5: 0.36mg (3.6%), Zinc: 0.44mg (2.9%), Folate: 11.3µg (2.82%), Selenium: 1.66µg (2.37%), Vitamin B1: 0.03mg (2.25%), Copper: 0.04mg (1.95%), Vitamin A: 89.51IU (1.79%), Vitamin B3: 0.32mg (1.6%), Vitamin E: 0.17mg (1.14%)