



Blueberry-Strawberry Breakfast Shortcake

READY IN



10 min.

SERVINGS



10

CALORIES



36 kcal

Ingredients

- 0.3 cup blueberries
- 0.5 cup knudsen free cottage cheese fat free
- 1 waffle whole wheat frozen lightly toasted
- 0.3 cup honey-flavored multi-grain cereal flakes with cinnamon-flavored clusters
- 0.3 cup strawberries sliced

Equipment

Directions

- Top warm waffle with remaining ingredients.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.97, Glycemic Load:1.79, Inflammation Score:-1, Nutrition Score:2.1817391263726%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Malvidin: 2.5mg, Malvidin: 2.5mg, Malvidin: 2.5mg, Malvidin: 2.5mg Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 36.15kcal (1.81%), Fat: 0.63g (0.98%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 4.95g (1.8%), Sugar: 1.11g (1.23%), Cholesterol: 1.7mg (0.57%), Sodium: 89.24mg (3.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.35%), Manganese: 0.16mg (7.75%), Phosphorus: 46.27mg (4.63%), Selenium: 2.61µg (3.72%), Vitamin B2: 0.06mg (3.29%), Vitamin C: 2.48mg (3%), Vitamin B1: 0.04mg (2.93%), Calcium: 28.28mg (2.83%), Vitamin B3: 0.52mg (2.61%), Iron: 0.42mg (2.36%), Fiber: 0.56g (2.23%), Vitamin B6: 0.04mg (1.98%), Folate: 7.74µg (1.93%), Vitamin B12: 0.12µg (1.92%), Magnesium: 7.08mg (1.77%), Zinc: 0.19mg (1.24%), Vitamin K: 1.25µg (1.19%), Potassium: 41.63mg (1.19%), Vitamin A: 56.75IU (1.13%), Copper: 0.02mg (1.03%)