



Breakfast Banana Split

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



256 kcal

Ingredients

- 1 small banana
- 0.5 cup oat and corn cereal sweetened letter-shaped
- 0.3 cup grapes seedless halved
- 4.4 oz jell-o kid pack strawberry lowfat yogurt wild or any flavor
- 0.3 cup strawberries sliced

Equipment

- bowl

Directions

- Peel banana; split in half lengthwise.
- Place in sundae dish or cereal bowl.
- Top with yogurt.
- Sprinkle with cereal and fruit.

Nutrition Facts

PROTEIN 13.55% **FAT 8.24%** **CARBS 78.21%**

Properties

Glycemic Index:140.78, Glycemic Load:14.98, Inflammation Score:-7, Nutrition Score:17.87391296677%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 7.28mg, Catechin: 7.28mg, Catechin: 7.28mg, Catechin: 7.28mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 256.02kcal (12.8%), Fat: 2.49g (3.83%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 53.18g (17.73%), Net Carbohydrates: 49.03g (17.83%), Sugar: 30.05g (33.38%), Cholesterol: 7.48mg (2.49%), Sodium: 191.5mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.43%), Vitamin C: 35.1mg (42.55%), Vitamin B6: 0.73mg (36.59%), Vitamin B2: 0.59mg (34.58%), Iron: 4.69mg (26.07%), Calcium: 243.56mg (24.36%), Manganese: 0.47mg (23.35%), Folate: 93.3µg (23.32%), Vitamin B12: 1.4µg (23.31%), Phosphorus: 232.31mg (23.23%), Potassium: 804.17mg (22.98%), Vitamin B1: 0.31mg (20.57%), Vitamin B3: 3.53mg (17.65%), Fiber: 4.15g (16.59%), Magnesium: 61.26mg (15.31%), Vitamin B5: 1.17mg (11.7%), Zinc: 1.48mg (9.86%), Copper: 0.19mg (9.4%), Selenium: 6.47µg (9.24%), Vitamin A: 407.53IU (8.15%), Vitamin K: 7.06µg (6.72%), Vitamin D: 0.5µg (3.36%), Vitamin E: 0.33mg

(2.21%)