



 **79%**
HEALTH SCORE

Breakfast Banana Split

 Vegetarian  Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



455 kcal

DESSERT

Ingredients

- 1 small banana
- 0.5 cup knudsen milkfat cottage cheese 2% low fat
- 0.5 tsp honey
- 3 maraschino cherries
- 0.3 cup pineapple chunks in juice canned drained
- 0.3 cup wheat and barley cereal nuggets

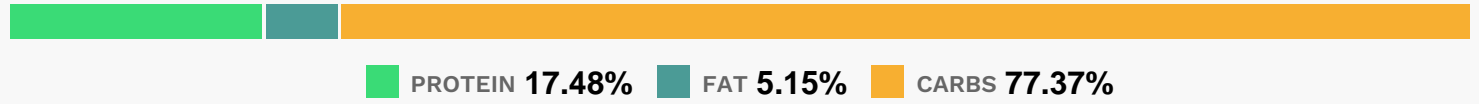
Equipment

- bowl

Directions

- Place banana halves, cut sides up, in sundae dish or cereal bowl.
- Reserve some of the cereal for garnish; sprinkle remaining cereal over bananas.
- Top with cottage cheese, honey, reserved cereal, pineapple and cherries.

Nutrition Facts



Properties

Glycemic Index:107.05, Glycemic Load:12.68, Inflammation Score:-9, Nutrition Score:35.643043497334%

Flavonoids

Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 455.31kcal (22.77%), Fat: 2.86g (4.4%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 96.63g (32.21%), Net Carbohydrates: 84.95g (30.89%), Sugar: 41.62g (46.25%), Cholesterol: 4.52mg (1.51%), Sodium: 801.09mg (34.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.83g (43.67%), Vitamin D: 50.32µg (335.48%), Folate: 541.14µg (135.28%), Iron: 18.84mg (104.68%), Vitamin B6: 1.14mg (56.87%), Zinc: 7.31mg (48.75%), Vitamin B2: 0.81mg (47.82%), Fiber: 11.69g (46.74%), Vitamin B12: 2.6µg (43.33%), Vitamin B1: 0.61mg (40.49%), Phosphorus: 368.49mg (36.85%), Vitamin B3: 7.34mg (36.69%), Vitamin C: 23.77mg (28.81%), Magnesium: 95.74mg (23.94%), Potassium: 775.45mg (22.16%), Calcium: 220.71mg (22.07%), Selenium: 11.55µg (16.5%), Vitamin A: 786.18IU (15.72%), Manganese: 0.28mg (14.03%), Copper: 0.22mg (10.88%), Vitamin B5: 0.59mg (5.91%), Vitamin K: 1.39µg (1.33%)