



Cheerios® Frozen Bananas



Vegetarian



Popular

READY IN



70 min.

SERVINGS



8

CALORIES



103 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 banana firm ripe
- ☐ 8 celery stalks with round ends)
- ☐ 3 cups cheerios cheerios®
- ☐ 0.7 cup strawberry yogurt fat free 99% yoplait® (from 2-lb container)

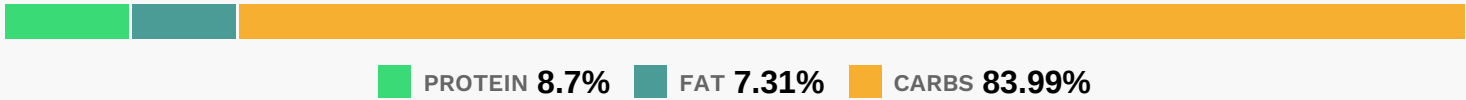
Equipment

- ☐ baking sheet
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Line cookie sheet with waxed paper. In shallow dish, place yogurt. In another shallow dish, place cereal.
- ☐ Peel bananas; cut each banana crosswise in half. Insert wooden stick into cut end of each banana half.
- ☐ Roll each banana half in yogurt, then in cereal to coat.
- ☐ Place on cookie sheet. Freeze about 1 hour or until firm.
- ☐ Wrap each banana in plastic wrap or foil. Store in freezer.

Nutrition Facts



Properties

Glycemic Index:10.85, Glycemic Load:6.55, Inflammation Score:-5, Nutrition Score:7.7243478220442%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg 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: 103.19kcal (5.16%), Fat: 0.9g (1.39%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 20.94g (7.62%), Sugar: 11.12g (12.35%), Cholesterol: 1.84mg (0.61%), Sodium: 54.16mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Manganese: 0.44mg (22.14%), Vitamin B6: 0.36mg (18.02%), Folate: 69.47µg (17.37%), Iron: 2.46mg (13.69%), Vitamin B12: 0.64µg (10.66%), Fiber: 2.45g (9.82%), Vitamin B3: 1.81mg (9.07%), Potassium: 307.61mg (8.79%), Vitamin C: 6.94mg (8.41%), Vitamin B1: 0.12mg (8.1%), Zinc: 1.15mg (7.66%), Vitamin A: 321.85IU (6.44%), Magnesium: 25.35mg (6.34%), Phosphorus: 57.98mg (5.8%), Calcium: 54.71mg (5.47%), Vitamin B2: 0.09mg (5.29%), Copper: 0.08mg (3.89%), Selenium: 2.57µg (3.67%), Vitamin B5: 0.29mg (2.91%), Vitamin D: 0.28µg (1.89%), Vitamin K: 1.62µg (1.55%)