



Chocolate Banana Soft Serve Parfait

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



583 kcal

Ingredients

- ☐ 2 medium banana frozen peeled sliced
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 2 tablespoons milk
- ☐ 5.3 oz vanilla yogurt
- ☐ 0.5 cup cereal dark

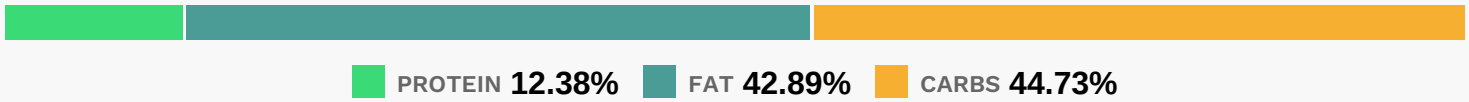
Equipment

- ☐ food processor
- ☐ ice cream scoop

Directions

- ☐ In food processor, place frozen banana slices, peanut butter, cocoa powder and milk. Cover; process 2 to 3 minutes or until mixture is smooth and looks like soft serve ice cream, scraping down sides as necessary.
- ☐ Use ice cream scoop to scoop mixture into 2 parfait glasses. Top with yogurt and granola.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.39, Glycemic Load:14.38, Inflammation Score:-7, Nutrition Score:23.200435146042%

Flavonoids

Catechin: 8.82mg, Catechin: 8.82mg, Catechin: 8.82mg, Catechin: 8.82mg Epicatechin: 4.93mg, Epicatechin: 4.93mg, Epicatechin: 4.93mg, Epicatechin: 4.93mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 582.72kcal (29.14%), Fat: 29.62g (45.57%), Saturated Fat: 6.24g (38.99%), Carbohydrates: 69.5g (23.17%), Net Carbohydrates: 61.86g (22.5%), Sugar: 36.27g (40.3%), Cholesterol: 5.56mg (1.85%), Sodium: 251.52mg (10.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.75mg (1.92%), Protein: 19.24g (38.47%), Manganese: 1.87mg (93.3%), Magnesium: 158.58mg (39.65%), Phosphorus: 396.32mg (39.63%), Vitamin B6: 0.71mg (35.32%), Vitamin E: 5.23mg (34.9%), Vitamin B3: 6.94mg (34.72%), Fiber: 7.64g (30.57%), Potassium: 1008.33mg (28.81%), Vitamin B2: 0.4mg (23.58%), Copper: 0.47mg (23.29%), Calcium: 203.32mg (20.33%), Folate: 80.01µg (20%), Zinc: 2.73mg (18.23%), Selenium: 12.54µg (17.92%), Vitamin B1: 0.23mg (15.49%), Iron: 2.78mg (15.43%), Vitamin B5: 1.5mg (15.01%), Vitamin C: 10.9mg (13.21%), Vitamin B12: 0.5µg (8.34%), Vitamin A: 132.12IU (2.64%), Vitamin K: 2.24µg (2.14%), Vitamin D: 0.17µg (1.1%)