



Chocolate-Crunch Strawberry Sundae

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



95 kcal

Ingredients

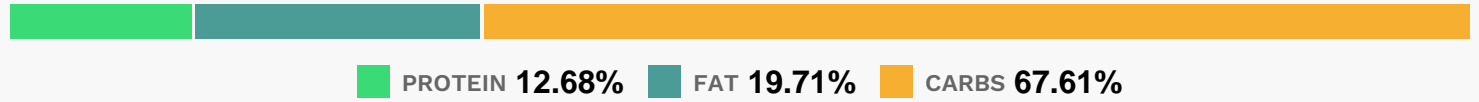
- 0.3 cup cool whip free whipped topping thawed
- 4 chocolate graham crackers
- 2 cups vanilla nonfat yogurt frozen softened
- 2 cups strawberries chopped
- 2 Tbsp planters walnut pieces

Equipment

Directions

- Mix yogurt and graham pieces; spoon evenly into 4 dessert cups.
- Top each with 1/2 cup of the strawberries and 1 Tbsp. of the whipped topping.
- Sprinkle with walnuts.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:3.7, Inflammation Score:-2, Nutrition Score:4.3639130268408%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg 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: 95.38kcal (4.77%), Fat: 2.14g (3.3%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 15.62g (5.68%), Sugar: 12.36g (13.73%), Cholesterol: 1.28mg (0.43%), Sodium: 67mg (2.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Vitamin C: 17.3mg (20.97%), Manganese: 0.2mg (9.83%), Calcium: 87.5mg (8.75%), Phosphorus: 84.73mg (8.47%), Vitamin B2: 0.12mg (7.21%), Selenium: 3.21µg (4.58%), Potassium: 159.88mg (4.57%), Magnesium: 17.71mg (4.43%), Vitamin B12: 0.26µg (4.3%), Folate: 16.18µg (4.04%), Zinc: 0.58mg (3.86%), Fiber: 0.91g (3.63%), Vitamin B1: 0.05mg (3.26%), Copper: 0.05mg (2.65%), Vitamin B6: 0.05mg (2.59%), Iron: 0.44mg (2.46%), Vitamin B3: 0.4mg (2.01%), Vitamin K: 1.23µg (1.17%)