



Cinnamon Banana Crunch Bowl

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup banana fresh
- 1 tablespoon brown sugar
- 1 Dash cinnamon
- 0.5 cup bulgur cooked
- 1 teaspoon honey
- 0.3 cup nonfat greek yogurt plain
- 1 tablespoon walnuts toasted chopped

Equipment

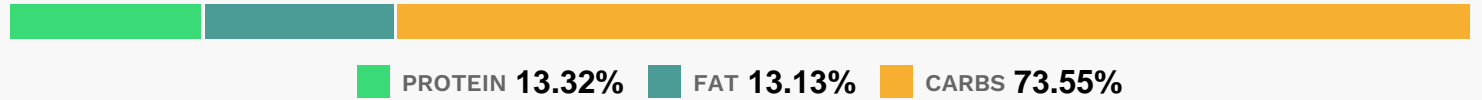
bowl

Directions

Combine yogurt, honey, and a dash of cinnamon in a small bowl. Toss bulgur with walnuts and brown sugar. Top with banana slices. Dollop yogurt mixture over bulgur mixture.

Sprinkle with additional cinnamon, if desired.

Nutrition Facts



Properties

Glycemic Index:179.05, Glycemic Load:33.32, Inflammation Score:-7, Nutrition Score:21.614782501822%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 520.97kcal (26.05%), Fat: 8.09g (12.45%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 101.98g (33.99%), Net Carbohydrates: 82.81g (30.11%), Sugar: 25.78g (28.64%), Cholesterol: 2.5mg (0.83%), Sodium: 37.91mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.47g (36.95%), Manganese: 3.44mg (172.13%), Fiber: 19.17g (76.67%), Magnesium: 185.86mg (46.47%), Phosphorus: 388mg (38.8%), Vitamin B6: 0.59mg (29.43%), Vitamin B3: 5.24mg (26.19%), Copper: 0.52mg (26.14%), Potassium: 690.61mg (19.73%), Vitamin B1: 0.27mg (18.13%), Vitamin B2: 0.3mg (17.63%), Zinc: 2.44mg (16.28%), Iron: 2.89mg (16.07%), Vitamin B5: 1.36mg (13.65%), Folate: 48.19µg (12.05%), Calcium: 120.05mg (12.01%), Selenium: 8.26µg (11.81%), Vitamin B12: 0.35µg (5.83%), Vitamin C: 4.55mg (5.52%), Vitamin K: 2.56µg (2.44%), Vitamin E: 0.2mg (1.35%)