



Citrus-Banana Parfait



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



64 kcal

Ingredients



1 medium banana



1 small grapefruit



1 medium navel oranges

Equipment

Directions



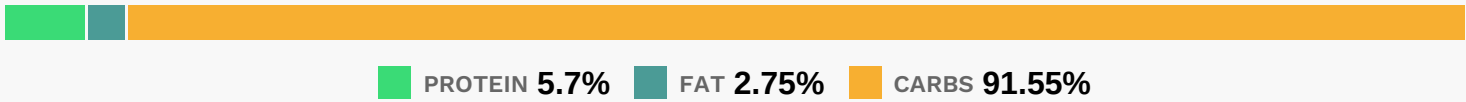
Peel grapefruit and orange; divide both into segments. Slice banana.



Layer citrus segments with banana slices in 4 tall glasses.

Sprinkle each parfait with 1/8 tsp. cinnamon if desired.

Nutrition Facts



Properties

Glycemic Index:19.94, Glycemic Load:4.4, Inflammation Score:-6, Nutrition Score:5.3578261091657%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 7.83mg, Hesperetin: 7.83mg, Hesperetin: 7.83mg, Hesperetin: 7.83mg Naringenin: 18.81mg, Naringenin: 18.81mg, Naringenin: 18.81mg, Naringenin: 18.81mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 64.4kcal (3.22%), Fat: 0.22g (0.34%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 14.13g (5.14%), Sugar: 10.02g (11.13%), Cholesterol: 0mg (0%), Sodium: 0.64mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.05%), Vitamin C: 38.85mg (47.09%), Vitamin A: 680.33IU (13.61%), Fiber: 2.34g (9.35%), Vitamin B6: 0.16mg (8.12%), Potassium: 231.21mg (6.61%), Folate: 24.3µg (6.07%), Manganese: 0.1mg (5.04%), Magnesium: 16.32mg (4.08%), Vitamin B1: 0.05mg (3.63%), Vitamin B2: 0.05mg (3.23%), Vitamin B5: 0.32mg (3.21%), Calcium: 27.52mg (2.75%), Copper: 0.05mg (2.63%), Phosphorus: 23.54mg (2.35%), Vitamin B3: 0.45mg (2.23%)