



Coconut-Banana Grape-Nuts with Lime

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



376 kcal

SIDE DISH

Ingredients

- 0.3 cup banana sliced
- 1 Dash cinnamon
- 0.5 cup grape-nuts cereal
- 0.3 cup low fat milk 1% low-fat
- 1.5 teaspoons macadamia nuts chopped
- 1 tablespoon coconut flakes unsweetened flaked toasted

Equipment

- microwave

Directions

- Combine cereal with milk. Microwave at HIGH for 1 minute (less for more crunch). Top with banana, coconut, macadamia nuts, a dash of cinnamon, and a squeeze of lime, if desired.

Nutrition Facts



PROTEIN 10.65% **FAT 24.27%** **CARBS 65.08%**

Properties

Glycemic Index:69.78, Glycemic Load:5.58, Inflammation Score:0, Nutrition Score:26.242173588794%

Flavonoids

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, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 376.26kcal (18.81%), Fat: 10.8g (16.62%), Saturated Fat: 4.46g (27.85%), Carbohydrates: 65.18g (21.73%), Net Carbohydrates: 54.36g (19.77%), Sugar: 15.87g (17.63%), Cholesterol: 3.93mg (1.31%), Sodium: 303.2mg (13.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.34%), Manganese: 2.63mg (131.58%), Iron: 16.89mg (93.84%), Folate: 213µg (53.25%), Fiber: 10.82g (43.29%), Phosphorus: 387.73mg (38.77%), Vitamin B6: 0.77mg (38.32%), Vitamin B1: 0.53mg (35.26%), Vitamin B3: 5.65mg (28.24%), Magnesium: 109.57mg (27.39%), Vitamin A: 1215.16IU (24.3%), Potassium: 594.75mg (16.99%), Copper: 0.34mg (16.8%), Calcium: 137.78mg (13.78%), Vitamin B2: 0.23mg (13.74%), Selenium: 8.65µg (12.36%), Zinc: 1.83mg (12.19%), Vitamin B5: 1.06mg (10.56%), Vitamin B12: 0.48µg (8%), Vitamin D: 0.87µg (5.77%), Vitamin C: 4.61mg (5.59%), Vitamin E: 0.51mg (3.4%), Vitamin K: 1.82µg (1.73%)