



Cottage Berry Crunch

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



281 kcal

Ingredients

- 0.5 cup bananas sliced
- 0.5 cup poached berries mixed fresh assorted halved (blackberries, blueberries, raspberries, strawberries)
- 0.5 cup knudsen milkfat cottage cheese 2% low fat
- 2 Tbsp cereal

Equipment

- bowl

Directions

- Spoon cottage cheese into small bowl.
- Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:54.78, Glycemic Load:8.3, Inflammation Score:-5, Nutrition Score:12.332608637602%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 281.04kcal (14.05%), Fat: 5.5g (8.46%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 43.07g (14.36%), Net Carbohydrates: 37.99g (13.81%), Sugar: 22.86g (25.4%), Cholesterol: 4.52mg (1.51%), Sodium: 466.9mg (20.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.5g (35%), Manganese: 0.86mg (42.79%), Phosphorus: 235.24mg (23.52%), Vitamin B6: 0.42mg (21.09%), Selenium: 14.46µg (20.65%), Fiber: 5.08g (20.33%), Vitamin B2: 0.31mg (17.99%), Potassium: 485.13mg (13.86%), Vitamin K: 14.08µg (13.41%), Vitamin B12: 0.73µg (12.1%), Magnesium: 47.97mg (11.99%), Vitamin C: 8.48mg (10.28%), Folate: 40.78µg (10.2%), Calcium: 96.08mg (9.61%), Vitamin B1: 0.13mg (8.92%), Copper: 0.17mg (8.69%), Vitamin E: 1.23mg (8.19%), Iron: 1.36mg (7.57%), Vitamin B5: 0.7mg (7.04%), Zinc: 1mg (6.64%), Vitamin B3: 1.24mg (6.18%), Vitamin A: 129.98IU (2.6%)