



Crunchy Apple Yogurt Sundaes

 Vegetarian

READY IN



10 min.

SERVINGS



3

CALORIES



252 kcal

Ingredients

- 2 cups strawberry yogurt fat free 99% yoplait® (from 2-lb container)
- 12 medium strawberries fresh whole
- 1 small apples unpeeled cut into chunks
- 1 cup buttered toast

Equipment

Directions

- Set aside 3 strawberries.

- Remove stems from remaining 9 strawberries; cut each into 4 slices.
- Into each of 3 parfait glasses or clear drinking glasses, spoon 1 tablespoon yogurt.
- Place 6 strawberry slices and 2 apple chunks over yogurt in each glass.
- Sprinkle each with 1/4 cup cereal. Spoon about 1/3 cup yogurt over cereal.
- Repeat layers with remaining sliced strawberries, apple chunks, cereal and yogurt.
- Garnish each sundae with reserved whole strawberry.
- Serve immediately.

Nutrition Facts

PROTEIN 12.44% **FAT 8.03%** **CARBS 79.53%**

Properties

Glycemic Index:24, Glycemic Load:2.9, Inflammation Score:-3, Nutrition Score:8.4047825129136%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 3.94mg, Epicatechin: 3.94mg, Epicatechin: 3.94mg, Epicatechin: 3.94mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 251.74kcal (12.59%), Fat: 2.3g (3.54%), Saturated Fat: 0.92g (5.78%), Carbohydrates: 51.2g (17.07%), Net Carbohydrates: 48.19g (17.52%), Sugar: 36.32g (40.35%), Cholesterol: 14.85mg (4.95%), Sodium: 179.61mg (7.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.01%), Vitamin C: 30.51mg (36.98%), Vitamin B2: 0.37mg (21.65%), Calcium: 204.91mg (20.49%), Phosphorus: 159.83mg (15.98%), Vitamin B12: 0.85µg (14.21%), Manganese: 0.27mg (13.29%), Potassium: 435.33mg (12.44%), Fiber: 3.02g (12.07%), Folate: 28.61µg (7.15%), Selenium: 4.84µg (6.92%), Vitamin B1: 0.08mg (5.48%), Iron: 0.97mg (5.38%), Vitamin B3: 0.82mg (4.1%),

Magnesium: 12.62mg (3.16%), Copper: 0.06mg (2.86%), Vitamin B6: 0.05mg (2.62%), Vitamin K: 2.66µg (2.53%),
Vitamin E: 0.26mg (1.76%), Vitamin A: 83.21IU (1.66%), Vitamin B5: 0.13mg (1.32%), Zinc: 0.19mg (1.26%)