



Crunchy Banana-Strawberry Parfaits

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



274 kcal

Ingredients

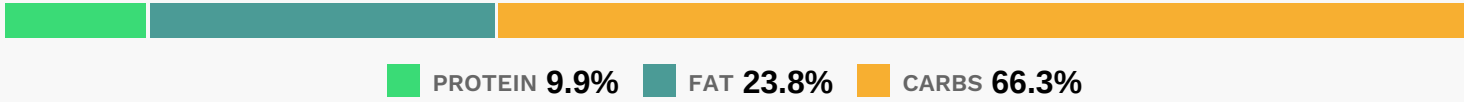
- ☐ 1.3 cups strawberry yogurt fat free 99% yoplait® (from 2-lb container)
- ☐ 2 cups kellogg's® cocoa cereal
- ☐ 0.3 cup sunflower seeds unsalted
- ☐ 2 banana sliced
- ☐ 4 strawberries fresh whole

Equipment

Directions

- ☐ For each serving, spoon 1/3 cup yogurt into dessert dish or parfait glass.
- ☐ Add 1/2 cup cereal. Top each with 1 tablespoon of the sunflower nuts, 1/4 of the banana slices and 1/4 of remaining yogurt.
- ☐ Sprinkle with remaining sunflower nuts. Top each with strawberry.

Nutrition Facts



Properties

Glycemic Index:28.69, Glycemic Load:7.06, Inflammation Score:-7, Nutrition Score:17.77347822293%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 273.8kcal (13.69%), Fat: 7.65g (11.77%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 47.92g (15.97%), Net Carbohydrates: 43.92g (15.97%), Sugar: 28.82g (32.02%), Cholesterol: 7.35mg (2.45%), Sodium: 148.15mg (6.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.31%), Vitamin B6: 0.71mg (35.27%), Vitamin B2: 0.52mg (30.61%), Vitamin B1: 0.44mg (29.23%), Vitamin E: 4.15mg (27.65%), Folate: 106.63µg (26.66%), Manganese: 0.49mg (24.49%), Vitamin B12: 1.43µg (23.88%), Vitamin B3: 4.7mg (23.5%), Iron: 3.9mg (21.67%), Zinc: 3.17mg (21.1%), Vitamin C: 16.34mg (19.81%), Phosphorus: 193.22mg (19.32%), Calcium: 168.38mg (16.84%), Magnesium: 64.4mg (16.1%), Fiber: 4.01g (16.02%), Potassium: 495.11mg (14.15%), Copper: 0.28mg (13.97%), Selenium: 7.73µg (11.04%), Vitamin A: 403.46IU (8.07%), Vitamin D: 0.67µg (4.44%), Vitamin B5: 0.41mg (4.08%)