



Crunchy Breakfast Fruit Salad

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

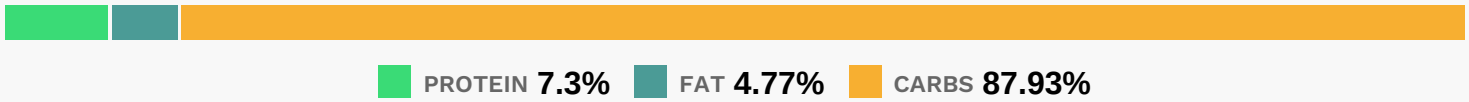
- ☐ 2 apples
- ☐ 1 banana
- ☐ 0.5 cup crunchy cereal with "special k vanilla almond") your favorite
- ☐ 4 servings cinnamon
- ☐ 2 pears
- ☐ 0.8 cup vanilla yogurt light

Equipment

Directions

- ☐
- Cut apples and pears into roughly 2 cm square chunks, slice the banana into roughly 1 cm thick rounds.
- ²
- ☐
- Mix half the cereal with the yogurt, then mix into fruit.
- ³
- If using Splenda, add your desired amount to the fruit mixture and stir in evenly.
- ⁴
- ☐
- Sprinkle remaining cereal onto top then dust lightly with cinnamon.

Nutrition Facts



Properties

Glycemic Index:50.19, Glycemic Load:12.82, Inflammation Score:-5, Nutrition Score:10.404347777367%

Flavonoids

Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.22mg, Catechin: 3.22mg, Catechin: 3.22mg, Catechin: 3.22mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 10.2mg, Epicatechin: 10.2mg, Epicatechin: 10.2mg, Epicatechin: 10.2mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 184.69kcal (9.23%), Fat: 1.08g (1.66%), Saturated Fat: 0.48g (2.97%), Carbohydrates: 44.79g (14.93%), Net Carbohydrates: 37.1g (13.49%), Sugar: 29.05g (32.28%), Cholesterol: 2.3mg (0.77%), Sodium: 59.61mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Manganese: 0.68mg (34.19%), Fiber: 7.69g (30.75%), Vitamin B6: 0.28mg (14.01%), Vitamin B2: 0.23mg (13.62%), Vitamin C: 11.02mg (13.36%), Folate: 53.38µg (13.35%), Potassium: 442.09mg (12.63%), Calcium: 115.74mg (11.57%), Phosphorus: 112.93mg (11.29%), Iron: 1.94mg (10.8%), Magnesium: 38.74mg (9.69%), Vitamin B12: 0.49µg (8.22%), Vitamin B1: 0.12mg (8%), Copper: 0.16mg (7.92%), Selenium: 5.32µg (7.6%), Vitamin B3: 1.33mg (6.67%), Vitamin K: 6.81µg (6.48%), Zinc: 0.84mg (5.58%), Vitamin B5: 0.5mg (5.02%), Vitamin A: 240.92IU (4.82%), Vitamin E: 0.39mg (2.63%), Vitamin D: 0.17µg (1.1%)