



Crunchy Yogurt Sundaes

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



474 kcal

Ingredients

- ☐ 1 cup cinnamon cinnamon toast crunch®
- ☐ 8 medium strawberries
- ☐ 1.3 cups strawberry yogurt fat free 99% yoplait® (from 2-lb container)

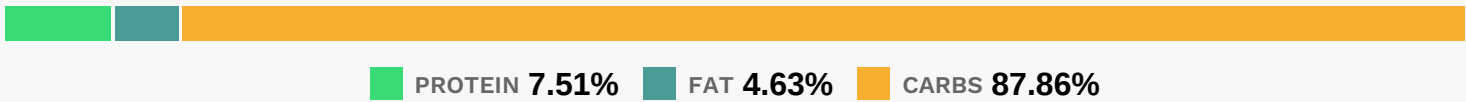
Equipment

Directions

- ☐ Cut 6 of the strawberries into 4 slices each.
- ☐ Place 6 strawberry slices in each of 2 parfait glasses.

- ☐ Sprinkle 1/4 cup cereal over strawberries.
- ☐ Pour about 1/3 cup yogurt over cereal.
- ☐ Make another layer of strawberries, cereal and yogurt. Top each sundae with whole strawberry.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:2.72, Inflammation Score:-7, Nutrition Score:27.546086954034%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg 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: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 474.15kcal (23.71%), Fat: 3.08g (4.74%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 131.52g (43.84%), Net Carbohydrates: 67.26g (24.46%), Sugar: 33.01g (36.68%), Cholesterol: 14.7mg (4.9%), Sodium: 102.14mg (4.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.25g (22.5%), Manganese: 20.85mg (1042.33%), Fiber: 64.26g (257.06%), Calcium: 1369.39mg (136.94%), Iron: 10.25mg (56.95%), Vitamin C: 32.72mg (39.66%), Vitamin K: 37.96µg (36.16%), Potassium: 872.39mg (24.93%), Phosphorus: 214.63mg (21.46%), Copper: 0.42mg (21.2%), Vitamin B2: 0.35mg (20.77%), Magnesium: 77.22mg (19.3%), Vitamin E: 2.88mg (19.22%), Zinc: 2.23mg (14.88%), Vitamin B12: 0.85µg (14.16%), Vitamin B6: 0.21mg (10.47%), Vitamin B3: 1.76mg (8.8%), Vitamin A: 405.36IU (8.11%), Selenium: 3.86µg (5.51%), Vitamin B5: 0.48mg (4.83%), Folate: 18.62µg (4.65%), Vitamin B1: 0.04mg (2.5%)