



Dulce de Leche Cheerios™ Parfaits

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



223 kcal

DESSERT

Ingredients

- 2 cups banana ripe sliced
- 24 oz vanilla yogurt fat free french 99% yoplait®
- 2 cups dulce de leche
- 1 cup strawberries fresh sliced

Equipment

Directions

- In each of 4 parfait glasses, layer 1/4 cup of the bananas, one half container of the yogurt and 1/4 cup of the cereal; repeat layers. Top each parfait with 1/4 cup strawberries; serve immediately.

Nutrition Facts

PROTEIN 16.18% **FAT 9.57%** **CARBS 74.25%**

Properties

Glycemic Index:34.19, Glycemic Load:9.12, Inflammation Score:-4, Nutrition Score:12.142608730689%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 5.69mg, Catechin: 5.69mg, Catechin: 5.69mg, Catechin: 5.69mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 222.85kcal (11.14%), Fat: 2.48g (3.82%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 43.34g (14.45%), Net Carbohydrates: 40.67g (14.79%), Sugar: 34.38g (38.2%), Cholesterol: 8.5mg (2.83%), Sodium: 113.37mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.89%), Vitamin C: 29.05mg (35.22%), Calcium: 300.38mg (30.04%), Phosphorus: 254.77mg (25.48%), Vitamin B2: 0.4mg (23.8%), Potassium: 696.09mg (19.89%), Vitamin B6: 0.37mg (18.44%), Manganese: 0.35mg (17.41%), Vitamin B12: 0.9µg (15.03%), Selenium: 9.23µg (13.18%), Magnesium: 52.15mg (13.04%), Vitamin B5: 1.23mg (12.34%), Fiber: 2.67g (10.68%), Folate: 42.35µg (10.59%), Zinc: 1.57mg (10.5%), Vitamin B1: 0.1mg (6.89%), Copper: 0.1mg (4.89%), Vitamin B3: 0.82mg (4.1%), Iron: 0.46mg (2.56%), Vitamin A: 125.46IU (2.51%), Vitamin E: 0.21mg (1.42%), Vitamin K: 1.34µg (1.27%)