



## Frozen Yogonana Bites

 Vegetarian  Vegan  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



229 kcal

SIDE DISH

### Ingredients

- 6 oz creamy peanut butter thick yoplait® (any flavor)
- 3 cups corn flakes/bran flakes
- 4 medium banana firm ripe

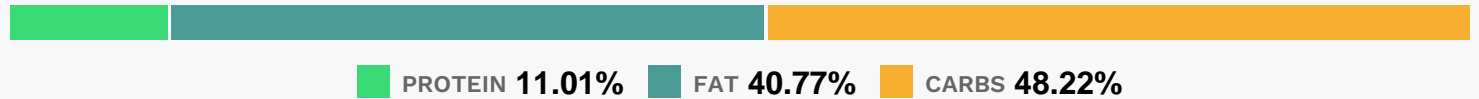
### Equipment

- baking sheet
- aluminum foil

## Directions

- Line cookie sheet with foil. Spoon yogurt into shallow dish.
- Pour cereal into another shallow dish. Peel bananas; cut each into 6 pieces.
- Roll each banana piece in yogurt, then in cereal to coat.
- Place coated banana pieces on cookie sheet. Freeze uncovered about 1 hour or until firm. (The bites are best when eaten the same day they're made.)

## Nutrition Facts



## Properties

Glycemic Index:17.63, Glycemic Load:13.79, Inflammation Score:-7, Nutrition Score:15.420869529247%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 228.65kcal (11.43%), Fat: 11.37g (17.5%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 24.97g (9.08%), Sugar: 12.22g (13.58%), Cholesterol: 0mg (0%), Sodium: 172.8mg (7.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.82%), Manganese: 1.01mg (50.31%), Folate: 130.14µg (32.53%), Vitamin B3: 5.73mg (28.63%), Vitamin B6: 0.57mg (28.3%), Iron: 4.72mg (26.23%), Magnesium: 86.21mg (21.55%), Fiber: 5.3g (21.2%), Vitamin B2: 0.29mg (17.28%), Vitamin B1: 0.24mg (16.18%), Phosphorus: 152.41mg (15.24%), Vitamin E: 2.11mg (14.08%), Selenium: 9.34µg (13.34%), Vitamin B12: 0.75µg (12.5%), Potassium: 411.09mg (11.75%), Copper: 0.21mg (10.52%), Zinc: 1.38mg (9.19%), Vitamin A: 412.76IU (8.26%), Vitamin C: 5.13mg (6.22%), Vitamin B5: 0.55mg (5.53%), Vitamin D: 0.5µg (3.3%), Calcium: 19.97mg (2%)