



WHATSheATE

Frozen Yogonana Bites



Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

Ingredients

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

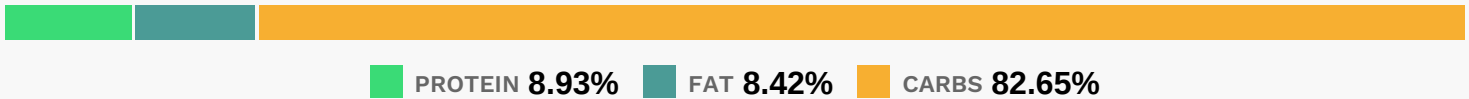
Equipment

- ☐ 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:18.25, Glycemic Load:13.46, Inflammation Score:-7, Nutrition Score:11.903478342554%

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: 114.68kcal (5.73%), Fat: 1.2g (1.85%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 22.24g (8.09%), Sugar: 10.98g (12.2%), Cholesterol: 2.76mg (0.92%), Sodium: 91.37mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.73%), Manganese: 0.7mg (34.77%), Folate: 113.34µg (28.33%), Iron: 4.36mg (24.24%), Vitamin B6: 0.48mg (23.92%), Fiber: 4.28g (17.12%), Vitamin B2: 0.28mg (16.66%), Vitamin B1: 0.22mg (14.63%), Vitamin B3: 2.91mg (14.57%), Vitamin B12: 0.83µg (13.81%), Magnesium: 52.83mg (13.21%), Selenium: 8.93µg (12.76%), Phosphorus: 100.53mg (10.05%), Potassium: 324.13mg (9.26%), Vitamin A: 433.81IU (8.68%), Zinc: 0.96mg (6.43%), Vitamin C: 5.24mg (6.35%), Copper: 0.12mg (6.15%), Vitamin B5: 0.41mg (4.1%), Calcium: 35.28mg (3.53%), Vitamin D: 0.52µg (3.44%), Vitamin E: 0.19mg (1.25%)