



Frozen Yoganana Bites

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 4 medium banana firm ripe
- ☐ 3 cups cheerios cheerios®
- ☐ 6 oz yogurt thick yoplait® (any flavor)

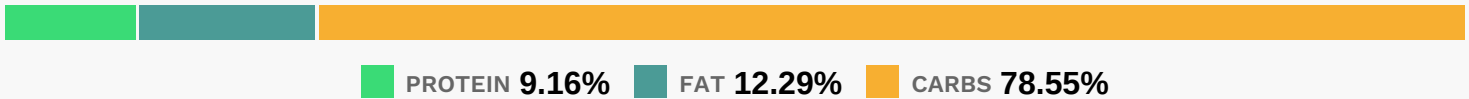
Equipment

- ☐ 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:9.22, Glycemic Load:6.72, Inflammation Score:-5, Nutrition Score:7.7526085959828%

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: 94.77kcal (4.74%), Fat: 1.41g (2.16%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 17.88g (6.5%), Sugar: 8.54g (9.49%), Cholesterol: 2.76mg (0.92%), Sodium: 49.51mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Manganese: 0.44mg (21.97%), Vitamin B6: 0.36mg (18.21%), Folate: 69.52µg (17.38%), Iron: 2.44mg (13.56%), Vitamin B12: 0.61µg (10.2%), Fiber: 2.33g (9.32%), Vitamin B3: 1.82mg (9.09%), Vitamin B1: 0.13mg (8.46%), Zinc: 1.27mg (8.46%), Potassium: 294.03mg (8.4%), Vitamin C: 6.92mg (8.39%), Magnesium: 27.46mg (6.86%), Vitamin A: 318.61IU (6.37%), Phosphorus: 61.29mg (6.13%), Calcium: 56.79mg (5.68%), Vitamin B2: 0.08mg (4.77%), Selenium: 3.02µg (4.31%), Copper: 0.08mg (3.92%), Vitamin B5: 0.36mg (3.64%), Vitamin D: 0.3µg (2.03%)