

Frozen "Yogonanas"



Vegetarian



Gluten Free

READY IN



140 min.

SERVINGS



14

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces strawberry yogurt yoplait®
- ☐ 14 celery stalks with rounded ends
- ☐ 7 large banana peeled
- ☐ 2 cups golden beets crushed finely

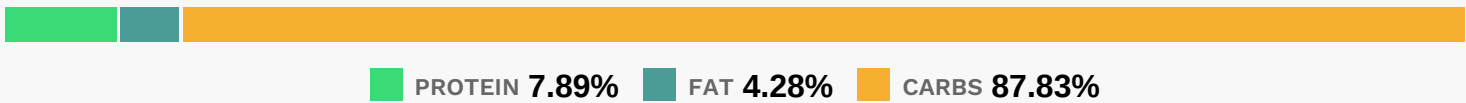
Equipment

- ☐ bowl
- ☐ baking sheet

Directions

- ☐ Cover cookie sheet with waxed paper.
- ☐ Place yogurt in shallow bowl.
- ☐ Carefully insert wooden stick into cut end of each banana half.
- ☐ Roll each banana in yogurt, then sprinkle with cereal.
- ☐ Place on cookie sheet.
- ☐ Freeze about 2 hours or until firm. Cover tightly and keep frozen.

Nutrition Facts



Properties

Glycemic Index:10.77, Glycemic Load:8.38, Inflammation Score:-2, Nutrition Score:4.5139130431673%

Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 94.22kcal (4.71%), Fat: 0.48g (0.74%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 19.87g (7.22%), Sugar: 13.84g (15.38%), Cholesterol: 2.19mg (0.73%), Sodium: 32.4mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Vitamin B6: 0.27mg (13.28%), Manganese: 0.25mg (12.58%), Potassium: 359.99mg (10.29%), Fiber: 2.45g (9.8%), Folate: 36.22µg (9.05%), Vitamin C: 6.99mg (8.48%), Vitamin B2: 0.1mg (6.08%), Magnesium: 23.27mg (5.82%), Phosphorus: 42.65mg (4.26%), Copper: 0.07mg (3.45%), Calcium: 34.35mg (3.44%), Vitamin B5: 0.27mg (2.67%), Vitamin B3: 0.53mg (2.65%), Vitamin B12: 0.13µg (2.11%), Iron: 0.37mg (2.07%), Vitamin B1: 0.03mg (1.86%), Vitamin A: 75.42IU (1.51%), Vitamin K: 1.55µg (1.48%), Selenium: 0.83µg (1.19%), Zinc: 0.18mg (1.17%)