



Fruit & nut yogurt



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



592 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tbsp pinenuts mixed chopped
- ☐ 1 tbsp sunflower seeds
- ☐ 1 tbsp pumpkin seeds
- ☐ 1 banana sliced
- ☐ 1 handful poached berries
- ☐ 200 g vanilla yogurt

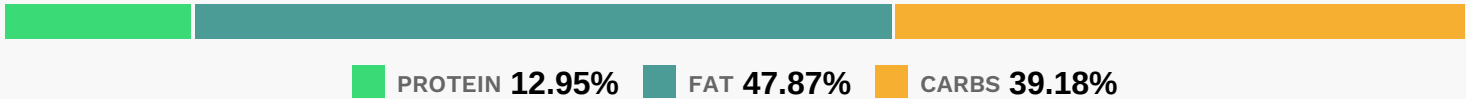
Equipment

- ☐ bowl

Directions

- ☐ Mix the nuts, sunflower seeds and pumpkin seeds.
- ☐ Mix the sliced banana and berries.
- ☐ Layer up in a bowl with yoghurt and enjoy.

Nutrition Facts



Properties

Glycemic Index:84.78, Glycemic Load:13.33, Inflammation Score:-8, Nutrition Score:29.958695650101%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 591.73kcal (29.59%), Fat: 33.47g (51.49%), Saturated Fat: 4.53g (28.29%), Carbohydrates: 61.63g (20.54%), Net Carbohydrates: 55.96g (20.35%), Sugar: 43.56g (48.4%), Cholesterol: 10mg (3.33%), Sodium: 135.39mg (5.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.36g (40.72%), Manganese: 3.62mg (180.9%), Phosphorus: 657.87mg (65.79%), Magnesium: 230.91mg (57.73%), Vitamin E: 6.7mg (44.65%), Copper: 0.83mg (41.43%), Calcium: 365.18mg (36.52%), Vitamin B2: 0.61mg (35.73%), Vitamin B6: 0.7mg (35.03%), Potassium: 1185.48mg (33.87%), Zinc: 5.05mg (33.69%), Vitamin B1: 0.41mg (27.03%), Selenium: 17.43µg (24.9%), Fiber: 5.66g (22.66%), Folate: 84.37µg (21.09%), Iron: 3.51mg (19.53%), Vitamin B3: 3.65mg (18.27%), Vitamin B5: 1.78mg (17.81%), Vitamin B12: 1.06µg (17.67%), Vitamin K: 17.85µg (17%), Vitamin C: 12.46mg (15.1%), Vitamin A: 177.28IU (3.55%)