



Fruit Stacked English Muffins

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



137 kcal

Ingredients

- 2 muffins split english
- 0.8 cup pineapple crushed drained
- 0.8 cup strawberries fresh sliced
- 8 ounce yogurt

Equipment

- toaster

Directions

- Lightly toast the English muffin halves in a toaster.
- Spread each half with pineapple yogurt. Top each half with strawberries and pineapple.
- Serve while English muffins are still warm

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:10.37, Inflammation Score:-3, Nutrition Score:5.6221739235132%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 136.82kcal (6.84%), Fat: 2.49g (3.82%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 24.73g (8.24%), Net Carbohydrates: 22.84g (8.31%), Sugar: 10.29g (11.43%), Cholesterol: 7.37mg (2.46%), Sodium: 159.04mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Vitamin C: 20.36mg (24.68%), Manganese: 0.21mg (10.41%), Phosphorus: 101.35mg (10.14%), Calcium: 94.84mg (9.48%), Vitamin B2: 0.14mg (8.22%), Vitamin B1: 0.12mg (7.98%), Fiber: 1.89g (7.54%), Potassium: 221.54mg (6.33%), Folate: 23.21µg (5.8%), Magnesium: 22.95mg (5.74%), Copper: 0.1mg (5.11%), Zinc: 0.62mg (4.11%), Vitamin B6: 0.08mg (3.82%), Vitamin B5: 0.38mg (3.81%), Vitamin B12: 0.22µg (3.69%), Vitamin B3: 0.72mg (3.6%), Iron: 0.52mg (2.87%), Selenium: 1.53µg (2.19%), Vitamin A: 81.55IU (1.63%)