

Fruit Yogurt Medley

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 medium banana firm sliced
- 2 tablespoons dates chopped
- 0.3 cup grapes green seedless halved
- 6 ounces peaches
- 1 medium apples red chopped
- 3 tablespoons walnut pieces chopped


Equipment

- bowl

Directions

In a bowl, combine the apple, banana, grapes, walnuts and dates. Fold in yogurt.

Nutrition Facts

 **PROTEIN 5.57%**  **FAT 29.24%**  **CARBS 65.19%**

Properties

Glycemic Index:61.26, Glycemic Load:10.11, Inflammation Score:-4, Nutrition Score:5.5878260861272%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 4.43mg, Epicatechin: 4.43mg, Epicatechin: 4.43mg, Epicatechin: 4.43mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 146.66kcal (7.33%), Fat: 5.23g (8.04%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 26.23g (8.74%), Net Carbohydrates: 22.52g (8.19%), Sugar: 18.8g (20.89%), Cholesterol: 0mg (0%), Sodium: 6.83mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Manganese: 0.41mg (20.31%), Fiber: 3.71g (14.85%), Copper: 0.22mg (10.96%), Vitamin B6: 0.2mg (10.05%), Potassium: 312.48mg (8.93%), Vitamin C: 6.93mg (8.4%), Magnesium: 29.6mg (7.4%), Phosphorus: 53.97mg (5.4%), Folate: 18.84µg (4.71%), Vitamin K: 4.67µg (4.44%), Vitamin B1: 0.07mg (4.35%), Vitamin B2: 0.07mg (4.21%), Vitamin B3: 0.78mg (3.92%), Vitamin A: 192.63IU (3.85%), Iron: 0.62mg (3.42%), Vitamin E: 0.5mg (3.35%), Vitamin B5: 0.28mg (2.85%), Zinc: 0.42mg (2.82%), Selenium: 1.79µg (2.56%), Calcium: 17.44mg (1.74%)