



Gotta Split! Breakfast

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



297 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 small banana halved lengthwise
- 0.3 cup blueberries fresh
- 0.5 cup bran flake cereal with dates, raisins and walnuts
- 0.1 tsp ground cinnamon
- 0.5 cup vanilla yogurt low-fat
- 0.3 cup raspberries fresh

Equipment

- bowl

Directions

- Cut banana in half lengthwise; place in cereal bowl.
- Top with yogurt, cereal and berries.
- Sprinkle with the cinnamon.

Nutrition Facts



PROTEIN 12.08% **FAT 7.25%** **CARBS 80.67%**

Properties

Glycemic Index:198.03, Glycemic Load:22.38, Inflammation Score:-8, Nutrition Score:24.4265216744446%

Flavonoids

Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 7.54mg, Peonidin: 7.54mg, Peonidin: 7.54mg, Peonidin: 7.54mg Catechin: 8.51mg, Catechin: 8.51mg, Catechin: 8.51mg, Catechin: 8.51mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 297.11kcal (14.86%), Fat: 2.61g (4.01%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 65.23g (21.74%), Net Carbohydrates: 55.93g (20.34%), Sugar: 37.97g (42.18%), Cholesterol: 6.13mg (2.04%), Sodium: 190.56mg (8.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.53%), Manganese: 1.37mg (68.66%), Folate: 175.61µg (43.9%), Vitamin B6: 0.8mg (40.1%), Fiber: 9.3g (37.19%), Vitamin B2: 0.63mg (36.86%), Iron: 6.29mg (34.92%), Phosphorus: 290.74mg (29.07%), Vitamin B12: 1.65µg (27.49%), Vitamin C: 21.23mg (25.73%), Magnesium: 101.68mg (25.42%), Selenium: 17.62µg (25.17%), Vitamin B1: 0.37mg (24.41%), Calcium: 236.3mg (23.63%), Potassium: 811.65mg (23.19%), Vitamin B3: 4.48mg (22.41%), Zinc: 2.36mg (15.73%), Vitamin B5: 1.33mg (13.33%), Vitamin A: 648.15IU (12.96%), Copper: 0.24mg (12.19%), Vitamin K: 10.49µg (9.99%), Vitamin E: 0.76mg (5.06%), Vitamin D: 0.66µg (4.4%)