



Greek Yogurt Banana Split

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



312 kcal

Ingredients

- ☐ 0.5 tablespoon almonds sliced
- ☐ 1 banana ripe cut in half
- ☐ 1 tablespoon jam (any flavor)
- ☐ 1 serving raspberries fresh
- ☐ 0.5 cup vanilla-honey greek yogurt fat free (from 6-oz container)

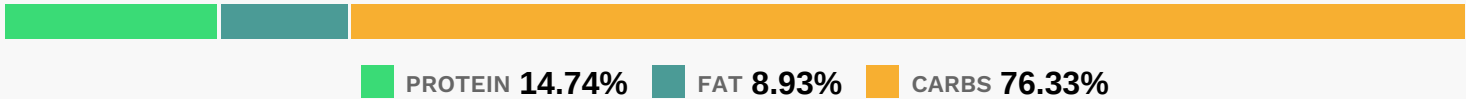
Equipment

- ☐ bowl

Directions

- ☐ Place banana into individual bowl. Top with yogurt. Spoon jam over yogurt.
- ☐ Sprinkle almonds over top.
- ☐ Garnish with raspberries.

Nutrition Facts



Properties

Glycemic Index:145.78, Glycemic Load:21.4, Inflammation Score:-5, Nutrition Score:11.181304335594%

Flavonoids

Cyanidin: 27.58mg, Cyanidin: 27.58mg, Cyanidin: 27.58mg, Cyanidin: 27.58mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 8.05mg, Catechin: 8.05mg, Catechin: 8.05mg, Catechin: 8.05mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 311.57kcal (15.58%), Fat: 3.29g (5.06%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 63.27g (21.09%), Net Carbohydrates: 55.46g (20.17%), Sugar: 40.59g (45.09%), Cholesterol: 3.78mg (1.26%), Sodium: 42.28mg (1.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.22g (24.44%), Manganese: 0.84mg (42.14%), Vitamin C: 27.75mg (33.63%), Fiber: 7.81g (31.25%), Vitamin B6: 0.48mg (23.85%), Potassium: 667.24mg (19.06%), Magnesium: 59.36mg (14.84%), Vitamin E: 1.94mg (12.96%), Copper: 0.22mg (10.88%), Vitamin B2: 0.18mg (10.66%), Folate: 40.6µg (10.15%), Phosphorus: 71.21mg (7.12%), Vitamin B3: 1.33mg (6.66%), Vitamin B5: 0.62mg (6.19%), Iron: 1mg (5.58%), Vitamin K: 5.27µg (5.02%), Vitamin B1: 0.07mg (4.62%), Zinc: 0.6mg (3.98%), Calcium: 39.49mg (3.95%), Selenium: 1.9µg (2.72%), Vitamin A: 95.37IU (1.91%)