



## Key Lime Parfait

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



73 kcal

DESSERT

### Ingredients

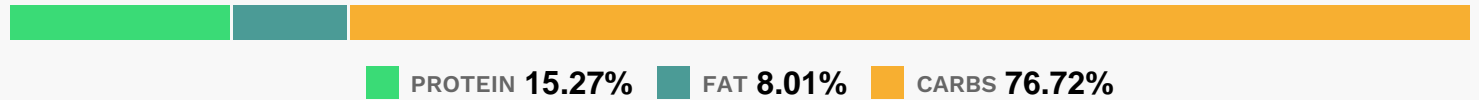
- 2 bananas sliced
- 1 Tbsp brown sugar
- 1 cup cool whip free whipped topping thawed
- 2 kiwi fruit peeled sliced
- 12 oz key lime nonfat yogurt
- 0.5 cup wheat and bran cereal shredded crushed

### Equipment

## Directions

- Mix crushed cereal and sugar until well blended; set aside.
- Combine fruit and COOL WHIP.
- Layer half each of the yogurt and fruit mixture in 4 parfait glasses; repeat layers.
- Sprinkle with cereal mixture.

## Nutrition Facts



## Properties

Glycemic Index:14.94, Glycemic Load:3.93, Inflammation Score:-3, Nutrition Score:6.4908695298692%

## Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 72.61kcal (3.63%), Fat: 0.72g (1.1%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 15.46g (5.15%), Net Carbohydrates: 13.03g (4.74%), Sugar: 9.5g (10.56%), Cholesterol: 1.88mg (0.63%), Sodium: 33.13mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Manganese: 0.42mg (20.88%), Vitamin C: 15.95mg (19.34%), Phosphorus: 99.23mg (9.92%), Fiber: 2.43g (9.72%), Vitamin B2: 0.16mg (9.68%), Calcium: 86.46mg (8.65%), Magnesium: 34.17mg (8.54%), Vitamin B6: 0.16mg (8.16%), Vitamin K: 7.6µg (7.24%), Potassium: 251.19mg (7.18%), Selenium: 3.99µg (5.7%), Vitamin B12: 0.32µg (5.31%), Folate: 17.11µg (4.28%), Zinc: 0.63mg (4.17%), Vitamin B5: 0.4mg (3.95%), Copper: 0.08mg (3.94%), Vitamin B1: 0.05mg (3.66%), Vitamin B3: 0.69mg (3.45%), Iron: 0.45mg (2.52%), Vitamin E: 0.31mg (2.07%)