



Layered Yogurt Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



313 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 ounces creamy peanut butter thick yoplait®
- 2 tablespoons orange juice
- 2 cups pineapple chunks fresh
- 1 cup cashew pieces
- 2 cups grapes green
- 1 cup blueberries
- 2 cups cantaloupe cubed
- 0.3 cup coconut or shredded flaked toasted

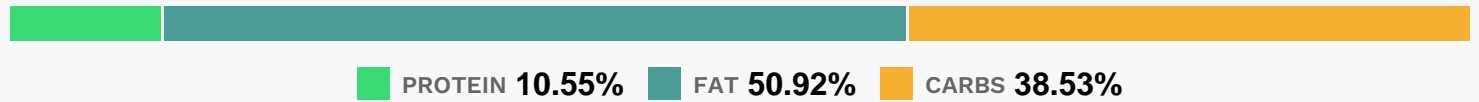
Equipment

bowl

Directions

- Mix yogurt and orange juice; set aside.
- In 2 1/2-quart clear glass bowl, layer fruit in order listed.
- Pour yogurt mixture over fruit.
- Sprinkle with coconut.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.84, Glycemic Load:7.72, Inflammation Score:-8, Nutrition Score:13.779130521028%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 312.55kcal (15.63%), Fat: 19.04g (29.29%), Saturated Fat: 4.2g (26.23%), Carbohydrates: 32.41g (10.8%), Net Carbohydrates: 28.76g (10.46%), Sugar: 22.98g (25.53%), Cholesterol: 0mg (0%), Sodium: 107.22mg (4.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.75%), Manganese: 0.72mg (36.1%), Copper: 0.61mg

(30.59%), Vitamin A: 1425.78IU (28.52%), Magnesium: 102.11mg (25.53%), Phosphorus: 191.96mg (19.2%), Vitamin C: 15.21mg (18.44%), Vitamin B3: 3.62mg (18.12%), Vitamin K: 16.15µg (15.38%), Vitamin E: 2.3mg (15.33%), Fiber: 3.66g (14.64%), Vitamin B1: 0.22mg (14.39%), Vitamin B6: 0.27mg (13.36%), Potassium: 466.23mg (13.32%), Zinc: 1.79mg (11.95%), Iron: 2.02mg (11.22%), Folate: 34.66µg (8.67%), Selenium: 5.31µg (7.59%), Vitamin B2: 0.11mg (6.41%), Vitamin B5: 0.46mg (4.64%), Calcium: 35.15mg (3.52%)