



## Peach Melba Breakfast "Shortcake"

READY IN



10 min.

SERVINGS



1

CALORIES



705 kcal

### Ingredients

- 0.5 cup knudsen cottage cheese
- 1 waffle frozen lightly toasted
- 3 peach in juice fresh canned peeled drained
- 0.5 cup honey-flavored multi-grain cereal flakes with oat clusters and almonds
- 0.3 cup raspberries

### Equipment

### Directions

- Top waffle with cottage cheese, cereal and fruit.

Serve immediately.

## Nutrition Facts

**PROTEIN 18.16%** **FAT 17.12%** **CARBS 64.72%**

### Properties

Glycemic Index:162.95, Glycemic Load:47.54, Inflammation Score:-9, Nutrition Score:38.496521812418%

### Flavonoids

Cyanidin: 22.37mg, Cyanidin: 22.37mg, Cyanidin: 22.37mg, Cyanidin: 22.37mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 22.53mg, Catechin: 22.53mg, Catechin: 22.53mg, Catechin: 22.53mg Epigallocatechin: 4.82mg, Epigallocatechin: 4.82mg, Epigallocatechin: 4.82mg, Epigallocatechin: 4.82mg Epicatechin: 11.59mg, Epicatechin: 11.59mg, Epicatechin: 11.59mg, Epicatechin: 11.59mg Epigallocatechin 3-gallate: 1.51mg, Epigallocatechin 3-gallate: 1.51mg, Epigallocatechin 3-gallate: 1.51mg, Epigallocatechin 3-gallate: 1.51mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

### Nutrients (% of daily need)

Calories: 705.27kcal (35.26%), Fat: 13.82g (21.26%), Saturated Fat: 3.67g (22.96%), Carbohydrates: 117.48g (39.16%), Net Carbohydrates: 101.27g (36.82%), Sugar: 48.05g (53.38%), Cholesterol: 26.95mg (8.98%), Sodium: 1126.97mg (49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.97g (65.94%), Manganese: 3mg (150.16%), Selenium: 50.21µg (71.74%), Fiber: 16.22g (64.87%), Phosphorus: 634.98mg (63.5%), Vitamin B3: 11.29mg (56.43%), Vitamin B1: 0.77mg (51.18%), Vitamin A: 2159.8IU (43.2%), Vitamin B2: 0.7mg (41.2%), Iron: 7.15mg (39.72%), Calcium: 386.67mg (38.67%), Magnesium: 148.04mg (37.01%), Copper: 0.68mg (33.79%), Vitamin B6: 0.65mg (32.32%), Vitamin C: 26.31mg (31.89%), Folate: 127.08µg (31.77%), Potassium: 1029.33mg (29.41%), Vitamin E: 4.27mg (28.46%), Zinc: 3.84mg (25.59%), Vitamin K: 25.07µg (23.87%), Vitamin B5: 2.18mg (21.84%), Vitamin B12: 1.08µg (18.03%)