



Peanut Butter Pretzel Cheerios

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



983 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 medium banana firm sliced
- 0.3 cup chocolate-covered peanuts
- 0.5 cup honey
- 1 tablespoon peanut butter melted
- 6 oz vanilla yogurt fat free french 99%

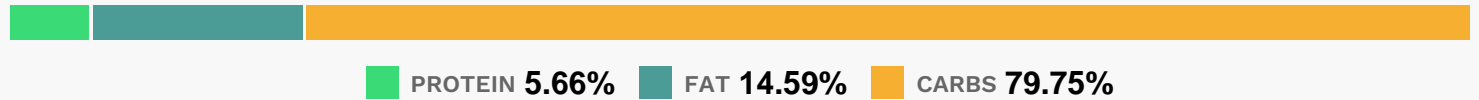
Equipment

- bowl

Directions

- Spoon yogurt into bowl.
- Top with cereal, banana slices and pretzels.
- Drizzle with melted peanut butter.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:121.05, Glycemic Load:79.75, Inflammation Score:-4, Nutrition Score:17.029564950777%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 983.39kcal (49.17%), Fat: 17.16g (26.4%), Saturated Fat: 7.69g (48.05%), Carbohydrates: 210.94g (70.31%), Net Carbohydrates: 206.91g (75.24%), Sugar: 199.5g (221.67%), Cholesterol: 9.85mg (3.28%), Sodium: 204.47mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.5mg (1.5%), Protein: 14.98g (29.96%), Phosphorus: 367.98mg (36.8%), Calcium: 350.53mg (35.05%), Manganese: 0.7mg (34.87%), Vitamin B2: 0.55mg (32.49%), Potassium: 993.41mg (28.38%), Magnesium: 93.83mg (23.46%), Vitamin B6: 0.44mg (21.9%), Zinc: 2.84mg (18.95%), Copper: 0.36mg (18.21%), Vitamin B12: 1.07µg (17.8%), Selenium: 12.11µg (17.3%), Fiber: 4.04g (16.14%), Vitamin B3: 3.09mg (15.44%), Vitamin B5: 1.54mg (15.4%), Folate: 51.26µg (12.82%), Iron: 2.03mg (11.28%), Vitamin E: 1.68mg (11.21%), Vitamin B1: 0.15mg (9.97%), Vitamin C: 7.43mg (9.01%), Vitamin A: 151.85IU (3.04%), Vitamin K: 2.27µg (2.16%)