



Peanut Butter Pretzel Cheerios



Vegetarian



Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



824 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 oz vanilla yogurt fat free french 99%
- ☐ 0.5 cup pinenuts
- ☐ 0.5 medium banana firm sliced
- ☐ 0.3 cup pretzels
- ☐ 1 tablespoon peanut butter melted

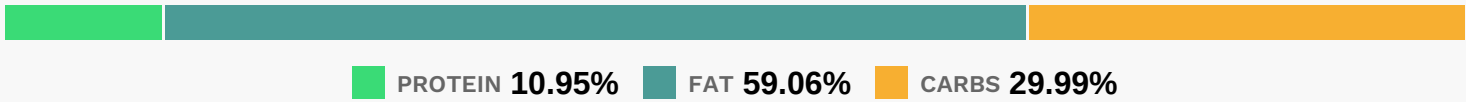
Equipment

- ☐ 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:151.78, Glycemic Load:19.7, Inflammation Score:-8, Nutrition Score:32.096521553786%

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: 823.69kcal (41.18%), Fat: 57.25g (88.08%), Saturated Fat: 6.44g (40.24%), Carbohydrates: 65.42g (21.81%), Net Carbohydrates: 59.94g (21.8%), Sugar: 35.22g (39.13%), Cholesterol: 8.5mg (2.83%), Sodium: 430.84mg (18.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.88g (47.75%), Manganese: 6.53mg (326.43%), Phosphorus: 710.58mg (71.06%), Magnesium: 245.41mg (61.35%), Vitamin E: 7.94mg (52.95%), Copper: 1.06mg (52.88%), Zinc: 6.47mg (43.12%), Vitamin B2: 0.64mg (37.36%), Vitamin K: 37.46µg (35.67%), Vitamin B3: 6.72mg (33.6%), Potassium: 1121.55mg (32.04%), Calcium: 317.86mg (31.79%), Vitamin B1: 0.44mg (29.49%), Iron: 5.2mg (28.88%), Folate: 103.42µg (25.86%), Vitamin B6: 0.44mg (22.12%), Fiber: 5.48g (21.92%), Vitamin B5: 1.58mg (15.84%), Selenium: 10.93µg (15.62%), Vitamin B12: 0.9µg (15.03%), Vitamin C: 7.45mg (9.03%), Vitamin A: 130.48IU (2.61%)