



Quick Peach Crisp

 Vegetarian  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



300 kcal

Ingredients

- 0.5 cup vanilla yogurt frozen low-fat
- 1 dash ground cinnamon
- 0.3 cup honey-flavored multi-grain cereal flakes with oat clusters and almonds
- 0.5 cup peach in syrup light canned drained

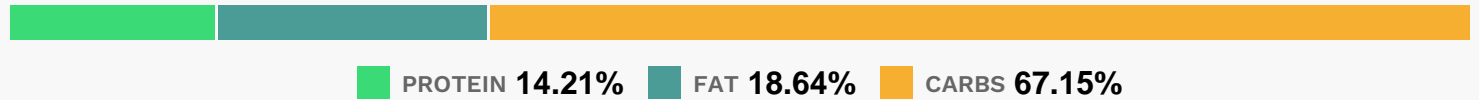
Equipment

- bowl
- microwave

Directions

- Place peaches in microwaveable bowl; sprinkle with cinnamon.
- Microwave on HIGH 30 sec. or just until warmed.
- Scoop yogurt into small bowl; top with peach mixture.
- Sprinkle with cereal.

Nutrition Facts



Properties

Glycemic Index:114.95, Glycemic Load:17.97, Inflammation Score:-5, Nutrition Score:14.761739252702%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 299.52kcal (14.98%), Fat: 6.35g (9.77%), Saturated Fat: 2.91g (18.21%), Carbohydrates: 51.5g (17.17%), Net Carbohydrates: 46.26g (16.82%), Sugar: 26.37g (29.3%), Cholesterol: 1.44mg (0.48%), Sodium: 338.91mg (14.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.79%), Manganese: 1.49mg (74.65%), Selenium: 19.28µg (27.55%), Phosphorus: 235.85mg (23.59%), Calcium: 212.47mg (21.25%), Fiber: 5.23g (20.94%), Vitamin B1: 0.28mg (18.44%), Vitamin B3: 3.46mg (17.3%), Vitamin B2: 0.28mg (16.69%), Magnesium: 62.38mg (15.6%), Iron: 2.08mg (11.53%), Potassium: 398.04mg (11.37%), Copper: 0.23mg (11.3%), Vitamin B6: 0.21mg (10.31%), Zinc: 1.54mg (10.26%), Vitamin B5: 0.99mg (9.92%), Folate: 33.84µg (8.46%), Vitamin A: 408.38IU (8.17%), Vitamin K: 7.45µg (7.1%), Vitamin E: 0.98mg (6.56%), Vitamin C: 3.77mg (4.57%), Vitamin B12: 0.21µg (3.48%)