



Raspberry-Banana Yogurt Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



130 min.

SERVINGS



2

CALORIES



107 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup water boiling
- ☐ 1.5 teaspoons raspberries sugar-free raspberry-flavored (4-serving size)
- ☐ 6 oz raspberries red yoplait®
- ☐ 0.5 cup raspberries fresh thawed drained well (and)
- ☐ 1 small banana sliced

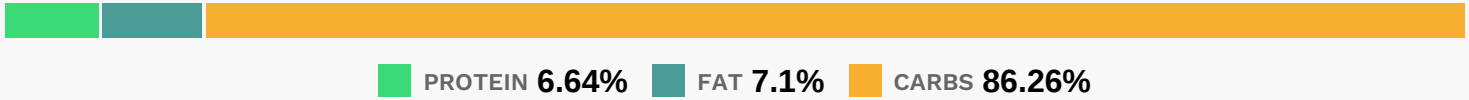
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, pour boiling water over gelatin; stir until gelatin is dissolved. Stir in yogurt; gently stir in raspberries and banana.
- ☐ Pour into two 6-ounce custard cups.
- ☐ Refrigerate about 2 hours or until set.

Nutrition Facts



Properties

Glycemic Index:66.39, Glycemic Load:7.26, Inflammation Score:-5, Nutrition Score:10.031739198643%

Flavonoids

Cyanidin: 54.35mg, Cyanidin: 54.35mg, Cyanidin: 54.35mg, Cyanidin: 54.35mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.57mg, Delphinidin: 1.57mg, Delphinidin: 1.57mg, Delphinidin: 1.57mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 1.16mg, Pelargonidin: 1.16mg, Pelargonidin: 1.16mg, Pelargonidin: 1.16mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 106.69kcal (5.33%), Fat: 0.94g (1.44%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 25.64g (8.55%), Net Carbohydrates: 16.61g (6.04%), Sugar: 11.41g (12.68%), Cholesterol: 0mg (0%), Sodium: 6.13mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Manganese: 0.93mg (46.6%), Vitamin C: 35.5mg (43.04%), Fiber: 9.03g (36.13%), Vitamin B6: 0.25mg (12.53%), Potassium: 360.1mg (10.29%), Magnesium: 40.65mg (10.16%), Vitamin K: 9.51µg (9.06%), Folate: 35.04µg (8.76%), Copper: 0.16mg (8.02%), Vitamin E: 1.08mg (7.22%), Vitamin B5: 0.56mg (5.59%), Iron: 0.95mg (5.28%), Vitamin B3: 1.05mg (5.23%), Vitamin B2: 0.08mg (4.82%), Phosphorus: 45.55mg (4.55%), Zinc: 0.58mg (3.89%), Vitamin B1: 0.05mg (3.58%), Calcium: 34.87mg (3.49%), Vitamin A: 71.51IU (1.43%), Selenium: 0.74µg (1.06%)