



Strawberry-Banana Lactose Free Parfaits

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



644 kcal

DESSERT

Ingredients

- 1 medium banana thinly sliced
- 12 oz strawberry yogurt yoplait®
- 2 cups honey
- 1 cup strawberries fresh sliced
- 4 strawberries fresh whole

Equipment

Directions

- In each of 4 (10 oz) parfait glasses, layer 2 tablespoons yogurt, 1/4 cup cereal, 1/4 cup strawberry slices and 1/4 of the banana slices.
- Top each parfait with 2 tablespoons yogurt, 1/4 cup cereal and remaining yogurt.
- Garnish with whole strawberry.

Nutrition Facts

PROTEIN 2.52% **FAT 1.3%** **CARBS 96.18%**

Properties

Glycemic Index:46.76, Glycemic Load:77.19, Inflammation Score:-2, Nutrition Score:7.2913042721541%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.29mg, Catechin: 3.29mg, Catechin: 3.29mg, Catechin: 3.29mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 643.64kcal (32.18%), Fat: 1.01g (1.55%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 167.01g (55.67%), Net Carbohydrates: 164.68g (59.89%), Sugar: 159.73g (177.48%), Cholesterol: 7.65mg (2.55%), Sodium: 54.33mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.77%), Vitamin C: 31.64mg (38.35%), Manganese: 0.4mg (20.03%), Vitamin B2: 0.25mg (14.68%), Potassium: 417.73mg (11.94%), Calcium: 111.18mg (11.12%), Fiber: 2.32g (9.28%), Phosphorus: 91.13mg (9.11%), Vitamin B6: 0.17mg (8.58%), Vitamin B12: 0.44µg (7.37%), Iron: 1.1mg (6.09%), Copper: 0.11mg (5.35%), Folate: 20.81µg (5.2%), Magnesium: 17.59mg (4.4%), Zinc: 0.48mg (3.23%), Vitamin B3: 0.59mg (2.93%), Vitamin B5: 0.27mg (2.74%), Selenium: 1.84µg (2.63%), Vitamin B1: 0.02mg (1.38%), Vitamin K: 1.2µg (1.15%), Vitamin E: 0.17mg (1.12%), Vitamin A: 51.01IU (1.02%)