



## Strawberry-Banana Lactose Free Parfaits

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



147 kcal

### Ingredients

- 12 oz strawberry yogurt yoplait®
- 2 cups fiber honey cluster cereal
- 1 cup strawberries fresh sliced
- 1 medium banana thinly 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 14.99%** **FAT 6.52%** **CARBS 78.49%**

### Properties

Glycemic Index:33.69, Glycemic Load:4.35, Inflammation Score:-7, Nutrition Score:13.391739101514%

### 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 Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

### Nutrients (% of daily need)

Calories: 147.29kcal (7.36%), Fat: 1.48g (2.28%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 40.11g (13.37%), Net Carbohydrates: 38.13g (13.87%), Sugar: 20.57g (22.86%), Cholesterol: 7.65mg (2.55%), Sodium: 47.55mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.32%), Vitamin C: 88.75mg (107.58%), Folate: 187.76µg (46.94%), Calcium: 254.79mg (25.48%), Manganese: 0.38mg (19.16%), Magnesium: 69.8mg (17.45%), Phosphorus: 151.78mg (15.18%), Vitamin B2: 0.19mg (10.89%), Potassium: 329.59mg (9.42%), Vitamin B1: 0.14mg (9.26%), Iron: 1.66mg (9.23%), Copper: 0.16mg (8.22%), Fiber: 1.98g (7.93%), Vitamin B12: 0.44µg (7.37%), Vitamin B6: 0.13mg (6.54%), Vitamin B3: 1.09mg (5.46%), Zinc: 0.58mg (3.9%), Vitamin B5: 0.16mg (1.59%), Vitamin K: 1.2µg (1.15%), Vitamin E: 0.17mg (1.12%), Vitamin A: 51.01IU (1.02%)