



Strawberry-Banana Parfaits



Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



194 kcal

Ingredients

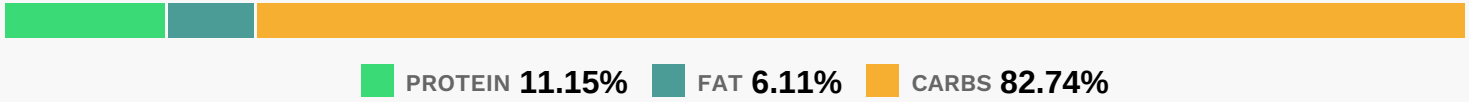
- ☐ 1 medium banana thinly sliced
- ☐ 2 cups corn flakes/bran flakes fiber honey clusters®
- ☐ 1 cup strawberries fresh sliced
- ☐ 4 strawberries fresh
- ☐ 12 oz strawberry yogurt yoplait®

Equipment

Directions

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

Nutrition Facts



Properties

Glycemic Index:51.76, Glycemic Load:13.34, Inflammation Score:-8, Nutrition Score:17.416521917219%

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: 193.96kcal (9.7%), Fat: 1.43g (2.2%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 43.44g (14.48%), Net Carbohydrates: 37.79g (13.74%), Sugar: 24.29g (26.99%), Cholesterol: 7.65mg (2.55%), Sodium: 155.55mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.71%), Manganese: 0.98mg (48.93%), Folate: 150.82µg (37.7%), Vitamin C: 30.79mg (37.32%), Iron: 5.98mg (33.24%), Vitamin B2: 0.47mg (27.36%), Vitamin B12: 1.44µg (24.04%), Vitamin B6: 0.47mg (23.54%), Fiber: 5.64g (22.57%), Vitamin B1: 0.28mg (18.71%), Vitamin B3: 3.72mg (18.61%), Phosphorus: 174.15mg (17.41%), Selenium: 10.99µg (15.7%), Magnesium: 60.01mg (15%), Potassium: 436.19mg (12.46%), Vitamin A: 551.01IU (11.02%), Calcium: 109.81mg (10.98%), Zinc: 1.11mg (7.41%), Copper: 0.15mg (7.3%), Vitamin D: 0.66µg (4.4%), Vitamin B5: 0.33mg (3.32%), Vitamin E: 0.32mg (2.15%), Vitamin K: 1.48µg (1.41%)