



Strawberry Chocolate Granola Bars

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



94 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

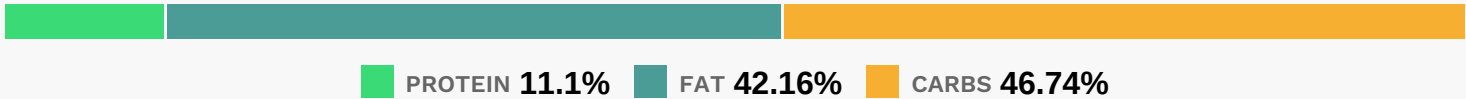
- ☐ 1 teaspoon almonds toasted sliced
- ☐ 1 teaspoon chocolate dark shaved
- ☐ 4 teaspoons strawberry yogurt fat free
- ☐ 1 pouch oats (2 bars)
- ☐ 2 small strawberries sliced

Equipment

Directions

- ☐ Spread 2 teaspoons yogurt on each granola bar.
- ☐ Top evenly with sliced strawberries.
- ☐ Sprinkle with chocolate and almonds.

Nutrition Facts



Properties

Glycemic Index:113, Glycemic Load:0.99, Inflammation Score:-2, Nutrition Score:3.9573913255463%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.48mg, Pelargonidin: 3.48mg, Pelargonidin: 3.48mg, Pelargonidin: 3.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 93.97kcal (4.7%), Fat: 4.52g (6.96%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 9.76g (3.55%), Sugar: 7.57g (8.41%), Cholesterol: 3.03mg (1.01%), Sodium: 18.84mg (0.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4mg (1.33%), Protein: 2.68g (5.36%), Manganese: 0.28mg (13.96%), Vitamin C: 8.23mg (9.98%), Vitamin E: 1.1mg (7.32%), Copper: 0.14mg (7.01%), Phosphorus: 67.06mg (6.71%), Vitamin B2: 0.11mg (6.57%), Magnesium: 25.4mg (6.35%), Fiber: 1.52g (6.09%), Calcium: 51.73mg (5.17%), Iron: 0.88mg (4.92%), Potassium: 146.75mg (4.19%), Vitamin B12: 0.18µg (3.01%), Zinc: 0.35mg (2.31%), Folate: 5.44µg (1.36%), Vitamin B3: 0.26mg (1.31%), Selenium: 0.85µg (1.21%), Vitamin B1: 0.02mg (1.19%)