



Strawberry Yogurt Bruschetta

 Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 bagels split mini
- ☐ 8 oz strawberries fresh diced
- ☐ 4.5 oz go-gurt® protein yogurt yoplait® (from 1 lb 2 oz box)

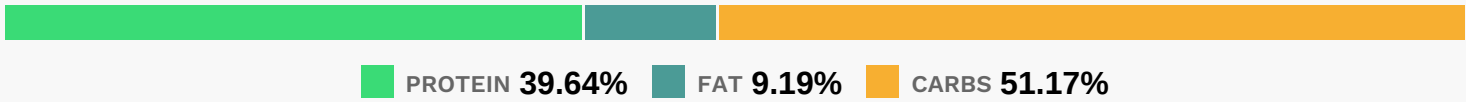
Equipment

- ☐ bowl
- ☐ toaster

Directions

- ☐ Place bagels in toaster until lightly toasted. Cool 5 minutes. Meanwhile, place diced strawberries in medium bowl.
- ☐ Spread about 2 teaspoons yogurt on top of each mini bagel slice. Spoon about 2 tablespoons strawberries on top of yogurt on each.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:16.31, Inflammation Score:-2, Nutrition Score:5.3321739020555%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 204.91kcal (10.25%), Fat: 2.07g (3.19%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 24.25g (8.82%), Sugar: 1.85g (2.05%), Cholesterol: 0mg (0%), Sodium: 437.28mg (19.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.13g (40.25%), Vitamin C: 22.23mg (26.94%), Iron: 4.79mg (26.58%), Manganese: 0.37mg (18.64%), Fiber: 1.72g (6.89%), Vitamin B1: 0.08mg (5.17%), Phosphorus: 49.39mg (4.94%), Folate: 18.31µg (4.58%), Vitamin B3: 0.88mg (4.42%), Copper: 0.09mg (4.33%), Magnesium: 17.09mg (4.27%), Potassium: 100.25mg (2.86%), Zinc: 0.42mg (2.82%), Calcium: 26.37mg (2.64%), Vitamin B5: 0.2mg (2%), Vitamin B6: 0.04mg (1.96%), Vitamin B2: 0.03mg (1.77%)