



## Swiss Fruit and Yogurt Muesli

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



368 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup banana sliced
- 0.3 cup blueberries
- 2 tablespoons brown sugar packed
- 1 cup yogurt plain low-fat
- 0.3 cup orange juice
- 1 cup quick-cooking oats
- 1 cup delicious apple shredded red

### Equipment

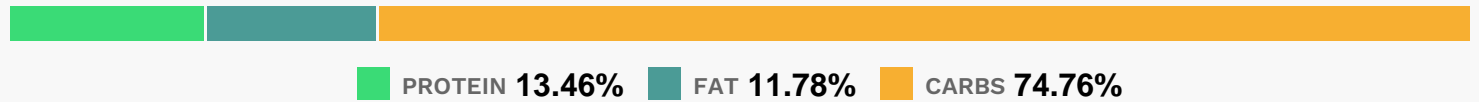
bowl

## Directions

Combine oats, yogurt, orange juice, and brown sugar in a medium bowl.

Add apple, banana, and blueberries, stirring gently to combine.

## Nutrition Facts



## Properties

Glycemic Index:121.89, Glycemic Load:25.01, Inflammation Score:-7, Nutrition Score:20.388260665147%

## Flavonoids

Cyanidin: 2.55mg, Cyanidin: 2.55mg, Cyanidin: 2.55mg, Cyanidin: 2.55mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg Catechin: 4.08mg, Catechin: 4.08mg, Catechin: 4.08mg, Catechin: 4.08mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 4.83mg, Epicatechin: 4.83mg, Epicatechin: 4.83mg, Epicatechin: 4.83mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 368.2kcal (18.41%), Fat: 5.06g (7.78%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 72.19g (24.06%), Net Carbohydrates: 65.38g (23.77%), Sugar: 37.23g (41.37%), Cholesterol: 7.35mg (2.45%), Sodium: 91.92mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13g (25.99%), Manganese: 1.95mg (97.34%), Phosphorus: 386.93mg (38.69%), Magnesium: 150.27mg (37.57%), Vitamin C: 29.58mg (35.85%), Fiber: 6.81g (27.25%), Calcium: 264.47mg (26.45%), Selenium: 18.41µg (26.29%), Vitamin B1: 0.34mg (22.61%), Vitamin B2: 0.37mg (22.02%), Potassium: 745.78mg (21.31%), Zinc: 2.52mg (16.82%), Vitamin B6: 0.29mg (14.74%), Iron: 2.37mg (13.17%), Vitamin B5: 1.29mg (12.93%), Folate: 49.45µg (12.36%), Copper: 0.25mg (12.32%), Vitamin B12: 0.69µg (11.43%), Vitamin K: 6.72µg (6.4%), Vitamin B3: 1.03mg (5.17%), Vitamin A: 212.88IU (4.26%), Vitamin E: 0.59mg (3.95%)