



Toasty banana muesli pots

READY IN



15 min.

SERVINGS



4

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 50 g muesli
- ☐ 1 large banana sliced
- ☐ 50 g chocolate plain melted
- ☐ 6 tbsp yogurt greek-style

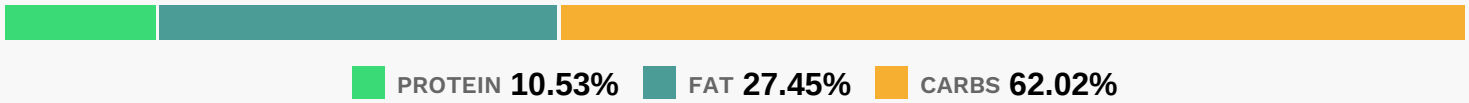
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Tip the muesli into a small non-stick frying pan and toast over a medium heat until golden, stirring occasionally.
- ☐ Remove from the heat and set aside.
- ☐ Divide the banana between 4 serving bowls or glasses and scatter over the muesli.
- ☐ Drizzle over most of the melted chocolate, then top with the yogurt and a little remaining melted chocolate.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:11.99, Inflammation Score:-3, Nutrition Score:7.6613042924715%

Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 149.86kcal (7.49%), Fat: 5.08g (7.82%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 25.85g (8.62%), Net Carbohydrates: 23.36g (8.5%), Sugar: 15.19g (16.88%), Cholesterol: 1.13mg (0.38%), Sodium: 39.31mg (1.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.25mg (2.75%), Protein: 4.39g (8.78%), Manganese: 0.43mg (21.39%), Vitamin B6: 0.3mg (14.85%), Vitamin B2: 0.25mg (14.52%), Vitamin B12: 0.61µg (10.23%), Fiber: 2.48g (9.94%), Folate: 39.13µg (9.78%), Vitamin B3: 1.88mg (9.38%), Magnesium: 35.53mg (8.88%), Vitamin B1: 0.13mg (8.78%), Phosphorus: 86.83mg (8.68%), Iron: 1.54mg (8.57%), Vitamin B5: 0.77mg (7.72%), Copper: 0.15mg (7.54%), Selenium: 5.08µg (7.26%), Potassium: 250.45mg (7.16%), Vitamin E: 0.97mg (6.46%), Zinc: 0.81mg (5.43%), Vitamin C: 2.96mg (3.59%), Calcium: 29.67mg (2.97%), Vitamin A: 90.91IU (1.82%), Vitamin K: 1.32µg (1.26%)