



Tropical Banana Nut Parfaits

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



595 kcal

Ingredients

- 1.5 cups strawberry yogurt fat free 99% yoplait® (from 32-oz container)
- 2 cups pinenuts
- 1 medium banana sliced
- 1 cup strawberries fresh sliced
- 2 tablespoons coconut or toasted

Equipment

Directions

- In each of 4 parfait glasses, alternate layers of yogurt, cereal, banana and strawberries.
- Top each serving with coconut.
- Serve immediately.

Nutrition Facts

PROTEIN 8.45%

FAT 68.21%

CARBS 23.34%

Properties

Glycemic Index:26.19, Glycemic Load:4.1, Inflammation Score:-7, Nutrition Score:23.50304349609%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg 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: 594.61kcal (29.73%), Fat: 48.04g (73.91%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 32.51g (11.82%), Sugar: 23.74g (26.38%), Cholesterol: 8.27mg (2.76%), Sodium: 53.04mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.77%), Manganese: 6.2mg (309.87%), Phosphorus: 477.74mg (47.77%), Copper: 0.94mg (47.11%), Magnesium: 182.87mg (45.72%), Vitamin E: 6.44mg (42.92%), Vitamin K: 37.33µg (35.55%), Zinc: 4.48mg (29.84%), Vitamin C: 24.36mg (29.52%), Iron: 4.14mg (22.98%), Potassium: 735.18mg (21.01%), Vitamin B2: 0.35mg (20.5%), Fiber: 4.49g (17.94%), Vitamin B1: 0.27mg (17.68%), Vitamin B3: 3.31mg (16.56%), Calcium: 117.61mg (11.76%), Folate: 38.14µg (9.54%), Vitamin B6: 0.19mg (9.5%), Vitamin B12: 0.48µg (7.96%), Vitamin B5: 0.36mg (3.62%), Selenium: 1.16µg (1.66%), Vitamin A: 71.26IU (1.43%)