



Tropical Banana Nut Parfaits

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



179 kcal

Ingredients

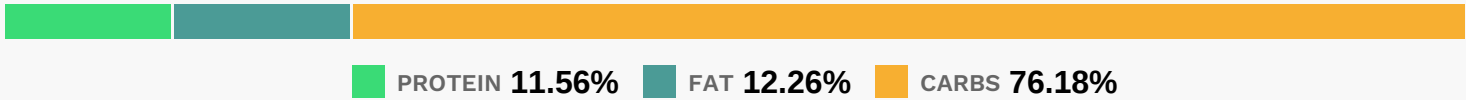
- ☐ 1 medium banana sliced
- ☐ 2 cups cheerios banana nut cheerios®
- ☐ 2 tablespoons coconut or toasted
- ☐ 1 cup strawberries fresh sliced
- ☐ 1.5 cups strawberry yogurt fat free 99% yoplait® (from 32-oz container)

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



Properties

Glycemic Index:26.19, Glycemic Load:4.1, Inflammation Score:-6, Nutrition Score:11.559130487235%

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: 179.4kcal (8.97%), Fat: 2.56g (3.94%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 35.84g (11.95%), Net Carbohydrates: 32.79g (11.92%), Sugar: 21.79g (24.21%), Cholesterol: 8.27mg (2.76%), Sodium: 103.87mg (4.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Vitamin C: 26.06mg (31.59%), Manganese: 0.63mg (31.43%), Folate: 90.16µg (22.54%), Vitamin B12: 1.19µg (19.81%), Iron: 3.44mg (19.11%), Vitamin B6: 0.31mg (15.72%), Calcium: 144.29mg (14.43%), Phosphorus: 127.1mg (12.71%), Fiber: 3.05g (12.19%), Vitamin B2: 0.21mg (12.11%), Potassium: 398.67mg (11.39%), Vitamin B3: 2.23mg (11.14%), Vitamin B1: 0.16mg (10.4%), Zinc: 1.53mg (10.19%), Vitamin A: 398.08IU (7.96%), Magnesium: 25.42mg (6.35%), Selenium: 3.31µg (4.72%), Copper: 0.09mg (4.59%), Vitamin B5: 0.26mg (2.64%), Vitamin D: 0.38µg (2.52%), Vitamin E: 0.18mg (1.22%), Vitamin K: 1.15µg (1.1%)