



Tropical Banana Nut Parfaits

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



206 kcal

Ingredients

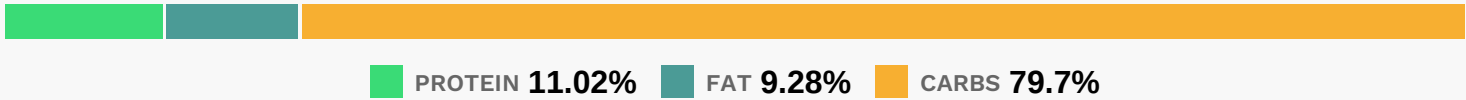
- ☐ 1 medium banana sliced
- ☐ 2 cups corn flakes/bran flakes
- ☐ 2 tablespoons coconut or toasted
- ☐ 1 cup strawberries fresh sliced
- ☐ 1.5 cups strawberry yogurt fat free 99% yoplait® (from 32-oz container)

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:44.26, Glycemic Load:13.09, Inflammation Score:-8, Nutrition Score:17.093043633129%

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: 205.94kcal (10.3%), Fat: 2.29g (3.52%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 44.25g (14.75%), Net Carbohydrates: 38.61g (14.04%), Sugar: 25.04g (27.82%), Cholesterol: 8.27mg (2.76%), Sodium: 159.69mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.23%), Manganese: 0.97mg (48.49%), Folate: 148.59µg (37.15%), Iron: 6mg (33.36%), Vitamin C: 23.82mg (28.87%), Vitamin B2: 0.48mg (27.96%), Vitamin B12: 1.48µg (24.63%), Vitamin B6: 0.47mg (23.33%), Fiber: 5.65g (22.59%), Vitamin B1: 0.28mg (18.63%), Vitamin B3: 3.69mg (18.44%), Phosphorus: 179.42mg (17.94%), Selenium: 11.19µg (15.99%), Magnesium: 59.24mg (14.81%), Potassium: 438.81mg (12.54%), Calcium: 115.61mg (11.56%), Vitamin A: 551.68IU (11.03%), Copper: 0.15mg (7.56%), Zinc: 1.12mg (7.48%), Vitamin D: 0.66µg (4.4%), Vitamin B5: 0.32mg (3.25%), Vitamin E: 0.29mg (1.96%), Vitamin K: 1.22µg (1.17%)