



Very Berry Yogurt Pie with Cheerios® Crust

 Vegetarian

READY IN



285 min.

SERVINGS



8

CALORIES



111 kcal

DESSERT

Ingredients

- 1.5 cups corn flakes/bran flakes crushed finely
- 3 tablespoons vanilla yogurt fat free 99% yoplait® (from 2-lb container)
- 2 tablespoons brown sugar packed
- 1 cup strawberries fresh sliced
- 1 cup blueberries fresh
- 2 cups vanilla yogurt fat free 99% yoplait® (from 2-lb container)

Equipment

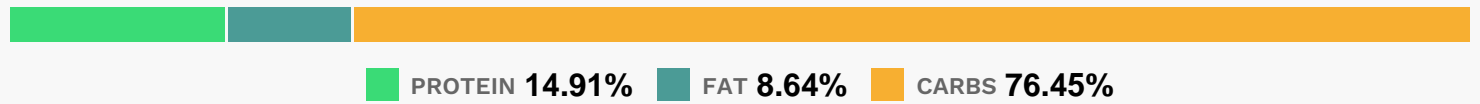
- bowl

oven

Directions

- Heat oven to 350°F. Spray 9-inch glass pie plate with cooking spray.
- In medium bowl, stir Crust ingredients until well blended. Press mixture firmly and evenly against bottom and side of pie plate.
- Bake 5 to 10 minutes or until set and just starting to brown; cool completely.
- In medium bowl, gently stir Filling ingredients until blended; spoon into cooled crust. Cover and freeze at least 4 hours or overnight before serving.

Nutrition Facts



Properties

Glycemic Index:19.03, Glycemic Load:4.67, Inflammation Score:-5, Nutrition Score:8.8643478362457%

Flavonoids

Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg Petunidin: 5.85mg, Petunidin: 5.85mg, Petunidin: 5.85mg, Petunidin: 5.85mg Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

Nutrients (% of daily need)

Calories: 110.74kcal (5.54%), Fat: 1.13g (1.74%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 20.36g (7.4%), Sugar: 16.52g (18.35%), Cholesterol: 3.44mg (1.15%), Sodium: 87.08mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.79%), Manganese: 0.4mg (20.2%), Folate: 63.05µg (15.76%), Vitamin C: 12.93mg (15.67%), Vitamin B2: 0.25mg (14.98%), Phosphorus: 133.15mg (13.31%), Iron: 2.3mg

(12.75%), Calcium: 127.34mg (12.73%), Vitamin B12: 0.74µg (12.32%), Selenium: 7.43µg (10.62%), Vitamin B1: 0.14mg (9.17%), Vitamin B6: 0.18mg (8.89%), Fiber: 2.18g (8.71%), Magnesium: 31.9mg (7.97%), Vitamin B3: 1.48mg (7.38%), Potassium: 236.31mg (6.75%), Zinc: 1mg (6.68%), Vitamin B5: 0.49mg (4.94%), Vitamin A: 229.21IU (4.58%), Vitamin K: 4.14µg (3.94%), Copper: 0.07mg (3.35%), Vitamin D: 0.25µg (1.65%), Vitamin E: 0.23mg (1.53%)