



Yogurt Breakfast Split

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



660 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 servings almonds sliced for garnish
- 2 bananas split divided peeled
- 0.5 cup blueberries divided
- 0.5 cup honey and oat granola divided
- 4 tablespoons honey divided
- 0.5 cup raspberries divided
- 1 cup strawberries divided hulled halved
- 1 cup vanilla-flavored yogurt divided

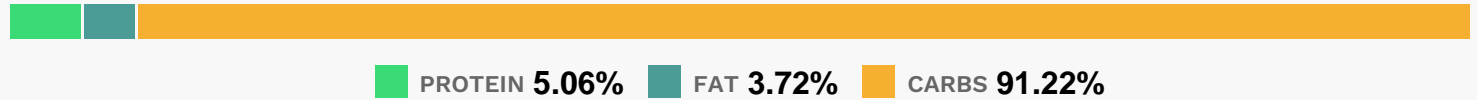
Equipment

bowl

Directions

- Arrange 2 banana halves in a serving bowl. Spoon 1/2 cup yogurt over the bananas. Top with 1/2 cup of strawberries, 1/4 cup of blueberries, and 1/4 cup of raspberries.
- Sprinkle with 1/4 cup of the granola and drizzle with 2 tablespoons of honey. To make another serving, repeat with the remaining bananas, yogurt, strawberries, blueberries, raspberries, granola, and honey.
- Garnish each serving with sliced almonds and serve immediately.

Nutrition Facts



Properties

Glycemic Index:137.66, Glycemic Load:71.38, Inflammation Score:-7, Nutrition Score:19.012608383013%

Flavonoids

Cyanidin: 18.1mg, Cyanidin: 18.1mg, Cyanidin: 18.1mg, Cyanidin: 18.1mg Petunidin: 11.84mg, Petunidin: 11.84mg, Petunidin: 11.84mg, Petunidin: 11.84mg Delphinidin: 13.73mg, Delphinidin: 13.73mg, Delphinidin: 13.73mg, Delphinidin: 13.73mg Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg Pelargonidin: 18.19mg, Pelargonidin: 18.19mg, Pelargonidin: 18.19mg, Pelargonidin: 18.19mg Peonidin: 7.58mg, Peonidin: 7.58mg, Peonidin: 7.58mg, Peonidin: 7.58mg Catechin: 11.8mg, Catechin: 11.8mg, Catechin: 11.8mg, Catechin: 11.8mg Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 659.98kcal (33%), Fat: 2.95g (4.54%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 162.93g (54.31%), Net Carbohydrates: 155.21g (56.44%), Sugar: 143.94g (159.93%), Cholesterol: 6.13mg (2.04%), Sodium: 88.5mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.07%), Vitamin C: 65.66mg (79.59%), Manganese: 1.05mg (52.55%), Fiber: 7.72g (30.9%), Vitamin B6: 0.59mg (29.48%), Potassium: 947.91mg (27.08%), Vitamin B2: 0.43mg (25.55%), Calcium: 246.91mg (24.69%), Phosphorus: 231.63mg (23.16%), Magnesium: 74.88mg (18.72%), Folate: 65.85µg (16.46%), Vitamin B5: 1.4mg (13.96%), Copper: 0.25mg (12.33%), Selenium: 8.62µg (12.32%), Zinc: 1.79mg (11.93%), Vitamin K: 11.78µg (11.22%), Vitamin B12: 0.65µg (10.82%), Vitamin B1: 0.13mg (8.71%), Iron: 1.57mg (8.71%), Vitamin B3: 1.72mg (8.59%), Vitamin E: 1.08mg (7.19%), Vitamin A: 166.73IU (3.33%)