



Yogurt Dessert Spoons

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



10

CALORIES



17 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

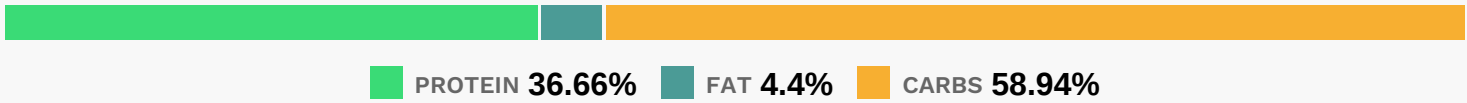
- ☐ 270 hot-brewed coffee fiber one® (from 5.34-oz box)
- ☐ 1 small apples i use 2 granny smith apples cut into slivers
- ☐ 5.3 oz greek yogurt yoplait®

Equipment

Directions

Break up bars into small crumbs.Divide evenly onto tasting spoons. Top crumbs with a dollop of yogurt and sliver of apple.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:0.98217390607233%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 17.18kcal (0.86%), Fat: 0.09g (0.13%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.25g (0.82%), Sugar: 2.04g (2.27%), Cholesterol: 0.75mg (0.25%), Sodium: 6.1mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.8mg (3.6%), Protein: 1.62g (3.24%), Vitamin B2: 0.07mg (3.92%), Phosphorus: 22.88mg (2.29%), Selenium: 1.49µg (2.12%), Calcium: 18.11mg (1.81%), Vitamin B12: 0.11µg (1.75%), Potassium: 50.36mg (1.44%), Fiber: 0.36g (1.43%), Vitamin B5: 0.13mg (1.27%)