

Recipe Analyzer Results

A single serving of this recipe has 70 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 8

Amount per serving

Calories 70

% Daily Value*

Total Fat 0.3g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 14.3g	5%
Dietary Fiber 1.7g	6%
Total Sugars 10.5g	
Protein 4.1g	
Vitamin D 0mcg	0%
Calcium 43mg	3%
Iron 0mg	2%

Ingredients:

- 8 strawberries, halved
- 2 peaches or nectarines or 3 plums, sliced into 8 wedges each
- 2 bananas, peeled and each cut into 8 pieces
- 250 ml (1 cup) 0% fat plain Greek yogurt
- 15 ml (1 tbsp) pure maple syrup
- 2 ml (1/2 tsp) ground cinnamon

Potassium 245mg

5%

Nutrition Facts

Servings: 8

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**