



Ambrosia Yogurt Parfaits

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



771 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup banana sliced
- 0.3 cup coconut flakes flaked toasted
- 2 cups honey
- 11 oz mandarin orange segments light drained canned
- 8 oz pineapple rings crushed drained canned
- 4 strawberries fresh sliced
- 18 oz vanilla yogurt french yoplait®

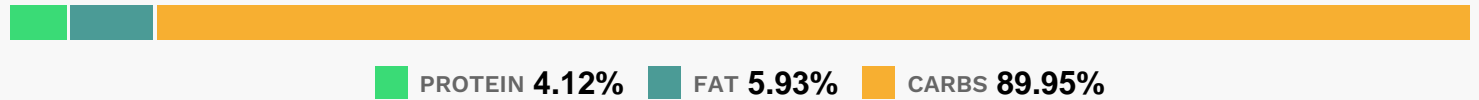
Equipment

bowl

Directions

- In medium bowl, mix yogurt and pineapple. Into each of 4 parfait glasses, place 1/4 cup of the cereal.
- Spoon 2 tablespoons yogurt mixture on top of cereal in each glass. Top each with 1/4 cup cereal, then with 1/4 of the banana slices.
- Spoon 2 tablespoons yogurt mixture onto banana in each; top each with orange segments. Spoon remaining yogurt mixture over orange segments.
- Sprinkle with coconut.
- Garnish with strawberries.

Nutrition Facts



Properties

Glycemic Index:47.26, Glycemic Load:81.02, Inflammation Score:-6, Nutrition Score:14.184782559457%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.84mg, Naringenin: 7.84mg, Naringenin: 7.84mg, Naringenin: 7.84mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 771.33kcal (38.57%), Fat: 5.49g (8.44%), Saturated Fat: 4.15g (25.92%), Carbohydrates: 187.19g (62.4%), Net Carbohydrates: 182.63g (66.41%), Sugar: 178.67g (198.52%), Cholesterol: 6.38mg (2.13%), Sodium: 95.56mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.15%), Vitamin C: 38.41mg (46.56%), Calcium:

271.41mg (27.14%), Vitamin B2: 0.4mg (23.3%), Manganese: 0.46mg (23.23%), Phosphorus: 220.64mg (22.06%), Potassium: 748.7mg (21.39%), Fiber: 4.56g (18.24%), Vitamin B6: 0.36mg (18.03%), Magnesium: 58.13mg (14.53%), Selenium: 9.32µg (13.31%), Vitamin A: 639.56IU (12.79%), Copper: 0.25mg (12.42%), Vitamin B5: 1.17mg (11.71%), Vitamin B1: 0.17mg (11.62%), Zinc: 1.72mg (11.49%), Vitamin B12: 0.68µg (11.27%), Folate: 43.59µg (10.9%), Iron: 1.4mg (7.78%), Vitamin B3: 1.12mg (5.62%), Vitamin E: 0.29mg (1.92%)