



 **59%**
HEALTH SCORE

Ambrosia Yogurt Parfaits

 Vegetarian  Gluten Free  Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



710 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

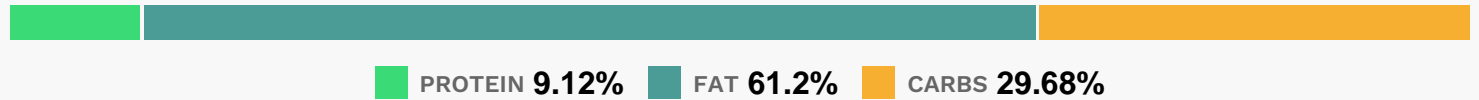
Equipment

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:34.19, Glycemic Load:8.19, Inflammation Score:-9, Nutrition Score:30.563478303992%

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: 710.33kcal (35.52%), Fat: 51.66g (79.47%), Saturated Fat: 7.45g (46.59%), Carbohydrates: 56.37g (18.79%), Net Carbohydrates: 49.65g (18.05%), Sugar: 41.93g (46.59%), Cholesterol: 6.38mg (2.13%), Sodium: 90.13mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.31g (34.62%), Manganese: 6.27mg (313.51%),

Phosphorus: 601.98mg (60.2%), Magnesium: 224.16mg (56.04%), Copper: 1.08mg (53.91%), Vitamin C: 38.1mg (46.19%), Vitamin E: 6.59mg (43.91%), Zinc: 5.7mg (38.02%), Vitamin K: 37.37µg (35.59%), Potassium: 1063.54mg (30.39%), Vitamin B2: 0.48mg (28.53%), Vitamin B1: 0.42mg (28%), Calcium: 272.04mg (27.2%), Fiber: 6.72g (26.88%), Iron: 4.42mg (24.56%), Vitamin B3: 3.88mg (19.41%), Vitamin B6: 0.38mg (19.17%), Folate: 63.15µg (15.79%), Vitamin A: 659.14IU (13.18%), Vitamin B5: 1.27mg (12.67%), Selenium: 8.43µg (12.05%), Vitamin B12: 0.68µg (11.27%)