



Apple Crumble Quinoa Parfait



Vegetarian



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



538 kcal

DESSERT

Ingredients

- ☐ 1 cup apple cider
- ☐ 4 large apples diced cored peeled
- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 cup flour
- ☐ 1 cup quinoa rinsed well
- ☐ 0.3 cup rolled oats

- ☐ 2 cups vanilla greek yogurt
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.3 walnuts chopped
- ☐ 1.8 cups water

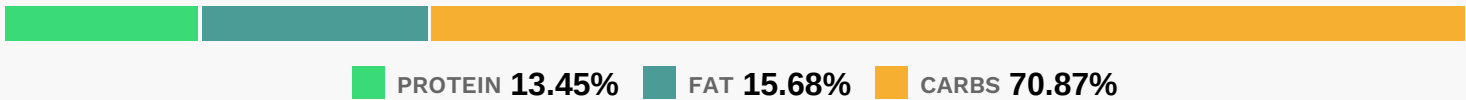
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Bring the quinoa, water and cinnamon to a boil, reduce the heat and simmer, covered, until the water has been absorbed, about 15 minutes and set aside.
- ☐ Mix the flour, rolled oats, sugar, walnuts, cinnamon and butter, spread in a single layer over a baking pan and bake in a preheated 350F oven until lightly golden brown, about 7-10 minutes and set aside.Bring the apples, water, sugar, vanilla and cinnamon to a boil, reduce the heat and simmer until the apples are tender and the liquid is syrupy, about 7-10 minutes.
- ☐ Place 1/4 cup of yogurt into 4 large glasses and top with 1/4 cup quinoa and 1/4 cup of apple compote, repeat with a another set of layers an top off with a tablespoon of the crumble topping.

Nutrition Facts



Properties

Glycemic Index:83.21, Glycemic Load:20.48, Inflammation Score:-7, Nutrition Score:19.56217380192%

Flavonoids

Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 19.57mg, Epicatechin: 19.57mg, Epicatechin: 19.57mg, Epicatechin: 19.57mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg

Epigallocatechin 3–gallate: 0.42mg, Epigallocatechin 3–gallate: 0.42mg, Epigallocatechin 3–gallate: 0.42mg, Epigallocatechin 3–gallate: 0.42mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

Nutrients (% of daily need)

Calories: 538kcal (26.9%), Fat: 9.59g (14.76%), Saturated Fat: 4.16g (25.99%), Carbohydrates: 97.56g (32.52%), Net Carbohydrates: 88.25g (32.09%), Sugar: 51.67g (57.42%), Cholesterol: 20.05mg (6.68%), Sodium: 97.39mg (4.23%), Alcohol: 0.34g (100%), Alcohol %: 0.08% (100%), Protein: 18.52g (37.04%), Manganese: 1.29mg (64.56%), Phosphorus: 390.98mg (39.1%), Fiber: 9.31g (37.24%), Vitamin B2: 0.54mg (31.49%), Magnesium: 120.42mg (30.1%), Folate: 108.29µg (27.07%), Selenium: 17.97µg (25.67%), Potassium: 728.38mg (20.81%), Vitamin B1: 0.31mg (20.73%), Copper: 0.39mg (19.66%), Vitamin B6: 0.39mg (19.44%), Calcium: 171.88mg (17.19%), Iron: 3.06mg (16.98%), Zinc: 2.22mg (14.79%), Vitamin C: 10.8mg (13.09%), Vitamin B12: 0.71µg (11.87%), Vitamin E: 1.65mg (11%), Vitamin B5: 0.94mg (9.43%), Vitamin B3: 1.65mg (8.24%), Vitamin A: 306.65IU (6.13%), Vitamin K: 5.6µg (5.34%)