



Berries 'n Yogurt Cream Cups

READY IN



15 min.

SERVINGS



15

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup vanilla yogurt low-fat
- 3 Tbsp butter melted
- 0.5 cup planters slivered almonds toasted chopped
- 2 cups strawberries fresh sliced
- 2 Tbsp sugar
- 25 vanilla wafers crushed finely (1 cup crumbs)

Equipment

Directions

- Mix wafer crumbs, almonds, margarine and sugar.
- Layer crumb mixture, strawberries and yogurt in 6 parfait glasses.
- Serve immediately. Or, refrigerate until ready to serve.
- Garnish with fresh mint sprigs, if desired.

Nutrition Facts

 **PROTEIN 7.27%**  **FAT 46.7%**  **CARBS 46.03%**

Properties

Glycemic Index:13.14, Glycemic Load:7.11, Inflammation Score:-2, Nutrition Score:3.4169565607672%

Flavonoids

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Nutrients (% of daily need)

Calories: 113.36kcal (5.67%), Fat: 6.06g (9.32%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 12.46g (4.53%), Sugar: 8.11g (9.01%), Cholesterol: 0.92mg (0.31%), Sodium: 77.63mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin C: 11.43mg (13.85%), Manganese: 0.16mg (7.85%), Vitamin E: 1.07mg (7.12%), Vitamin B2: 0.1mg (6.03%), Phosphorus: 48.82mg (4.88%), Folate: 16.82µg (4.2%), Calcium: 41.54mg (4.15%), Vitamin B1: 0.06mg (4.08%), Fiber: 0.97g (3.9%), Magnesium: 14.91mg (3.73%), Potassium: 101.14mg (2.89%), Copper: 0.05mg (2.43%), Vitamin B3: 0.48mg (2.41%), Vitamin A: 109.52IU (2.19%), Zinc: 0.27mg (1.83%), Vitamin B12: 0.09µg (1.49%), Selenium: 1.03µg (1.48%), Vitamin B5: 0.13mg (1.33%), Iron:

0.22mg (1.25%), Vitamin B6: 0.02mg (1.08%)