



## Berry Crunch Parfait

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



12 kcal

### Ingredients

- 2 Tbsp honey-flavored multi-grain cereal flakes with oat clusters
- 0.5 cup strawberries sliced
- 2 Tbsp cool whip lite whipped topping thawed

### Equipment

### Directions

- Place half of the strawberries in 8-oz. glass; top with layers of 1 Tbsp. each of the whipped topping and cereal.

Cover with layers of the remaining strawberries and cereal.

Top with the remaining whipped topping.

## Nutrition Facts

**PROTEIN 14.49%** **FAT 18.16%** **CARBS 67.35%**

### Properties

Glycemic Index:10.97, Glycemic Load:0.93, Inflammation Score:-1, Nutrition Score:0.9113043570972%

### Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

### Nutrients (% of daily need)

Calories: 11.83kcal (0.59%), Fat: 0.24g (0.38%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.72g (0.62%), Sugar: 0.69g (0.77%), Cholesterol: 0.02mg (0.01%), Sodium: 14.02mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin C: 4.23mg (5.13%), Manganese: 0.09mg (4.55%), Fiber: 0.32g (1.29%), Selenium: 0.81µg (1.16%)