



Blueberry and Maple-Pecan Granola Parfaits



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

DESSERT

Ingredients

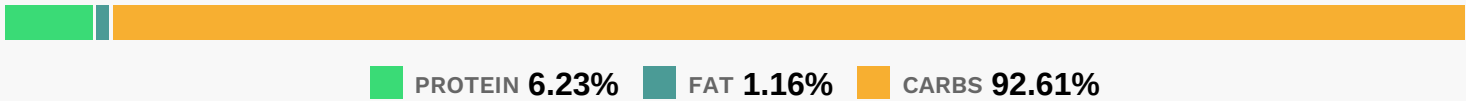
- ☐ 2 cups blueberries
- ☐ 2 cups vanilla yogurt fat-free
- ☐ 1 cup maple-pecan granola

Equipment

Directions

☐ Spoon 1/4 cup yogurt into each of 4 parfait glasses; top each serving with 1/4 cup blueberries.
Top each serving with 1/4 cup Maple-Pecan Granola, 1/4 cup yogurt, and 1/4 cup blueberries.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:23.38, Inflammation Score:-4, Nutrition Score:14.513913053533%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 375.9kcal (18.8%), Fat: 0.49g (0.75%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 88.25g (29.42%), Net Carbohydrates: 86.47g (31.44%), Sugar: 78.88g (87.65%), Cholesterol: 2.45mg (0.82%), Sodium: 79.04mg (3.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.88%), Manganese: 2.14mg (107.15%), Vitamin B2: 1.27mg (74.89%), Calcium: 278.39mg (27.84%), Phosphorus: 154.65mg (15.47%), Vitamin K: 15.63µg (14.89%), Potassium: 475.76mg (13.59%), Selenium: 7.42µg (10.61%), Zinc: 1.59mg (10.59%), Magnesium: 39.72mg (9.93%), Vitamin C: 8.04mg (9.74%), Vitamin B12: 0.58µg (9.6%), Vitamin B1: 0.13mg (8.63%), Fiber: 1.78g (7.1%), Vitamin B6: 0.09mg (4.37%), Folate: 15.47µg (3.87%), Vitamin E: 0.5mg (3.3%), Copper: 0.06mg (2.78%), Vitamin B3: 0.5mg (2.49%), Iron: 0.38mg (2.12%), Vitamin A: 54.66IU (1.09%)