



## Blueberry Crunch Parfait

 Vegetarian

READY IN



5 min.

SERVINGS



4

CALORIES



220 kcal

### Ingredients

- 2 cups blueberries fresh
- 2 cups vanilla yogurt low-fat
- 2 cups grain cereal flakes whole with blueberries

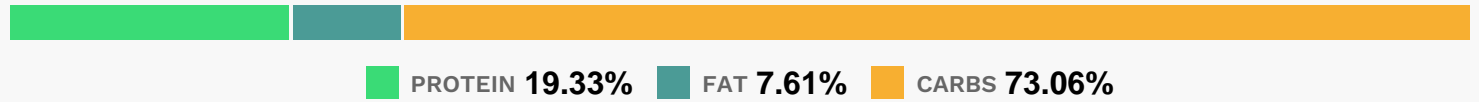
### Equipment

### Directions

- Add blueberries to yogurt; stir gently until well blended.
- Place 1/4 cup of the cereal in bottom of each of four parfait glasses.

Top each with one fourth of the blueberry mixture; cover with remaining cereal.

## Nutrition Facts



### Properties

Glycemic Index:10, Glycemic Load:3.58, Inflammation Score:-4, Nutrition Score:10.88304347059%

### 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: 220.4kcal (11.02%), Fat: 1.9g (2.92%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 40.92g (13.64%), Net Carbohydrates: 38.12g (13.86%), Sugar: 29.62g (32.91%), Cholesterol: 6.13mg (2.04%), Sodium: 153.59mg (6.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.65%), Vitamin B2: 0.49mg (28.74%), Calcium: 253.91mg (25.39%), Vitamin B1: 0.35mg (23.66%), Phosphorus: 174.26mg (17.43%), Vitamin C: 13.16mg (15.95%), Vitamin B6: 0.29mg (14.68%), Vitamin K: 14.4µg (13.72%), Manganese: 0.25mg (12.68%), Fiber: 2.8g (11.18%), Vitamin B12: 0.65µg (10.82%), Folate: 42.92µg (10.73%), Iron: 1.79mg (9.96%), Potassium: 325.26mg (9.29%), Selenium: 6.08µg (8.68%), Vitamin B3: 1.68mg (8.4%), Vitamin B5: 0.77mg (7.68%), Zinc: 1.14mg (7.57%), Magnesium: 24.04mg (6.01%), Vitamin E: 0.45mg (2.98%), Copper: 0.06mg (2.91%), Vitamin A: 92.64IU (1.85%)