



Blueberry-Orange Parfaits

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

DESSERT

Ingredients

- 2 cups blueberries fresh
- 14 ounce yogurt plain greek-style reduced-fat
- 0.5 teaspoon orange zest grated
- 2 cups orange sections (2 large)
- 1.5 tablespoons sugar
- 0.3 cup wheat germ

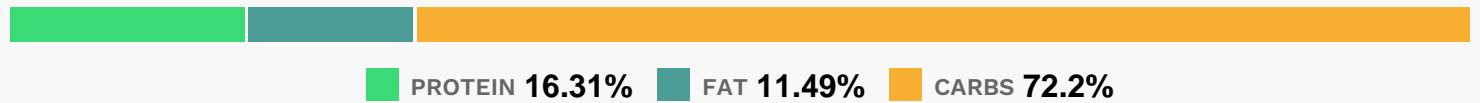
Equipment

- bowl

Directions

- Combine first 3 ingredients in a small bowl, stirring until blended. Spoon 1/4 cup blueberries into each of 4 tall glasses. Spoon about 2 1/2 tablespoons yogurt mixture over blueberries in each glass.
- Add 1/4 cup orange to each serving. Repeat layers with remaining blueberries, yogurt mixture, and orange.
- Sprinkle 1 tablespoon wheat germ over each serving; serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:7.18, Inflammation Score:-7, Nutrition Score:16.286521787229%

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 Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 191.06kcal (9.55%), Fat: 2.59g (3.98%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 31.7g (11.53%), Sugar: 27.23g (30.26%), Cholesterol: 5.95mg (1.98%), Sodium: 71.2mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.54%), Vitamin C: 56.19mg (68.11%), Manganese: 1.23mg (61.66%), Calcium: 225.76mg (22.58%), Phosphorus: 224.98mg (22.5%), Fiber: 4.91g (19.65%), Vitamin B1: 0.28mg (18.99%), Vitamin B2: 0.31mg (18.52%), Folate: 62.63µg (15.66%), Potassium: 518.01mg (14.8%), Vitamin K: 14.48µg (13.79%), Selenium: 9.49µg (13.56%), Zinc: 1.95mg (13%), Magnesium: 47.63mg (11.91%), Vitamin B6: 0.23mg (11.75%), Vitamin B5: 1.07mg (10.67%), Vitamin B12: 0.56µg (9.26%), Copper: 0.15mg (7.67%), Vitamin A: 294.11IU (5.88%),

Vitamin B3: 1.17mg (5.84%), Iron: 0.85mg (4.7%), Vitamin E: 0.61mg (4.09%)