



Blueberry Quinoa Parfait



Vegetarian



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



345 kcal

Ingredients

- ☐ 2 cups blueberries
- ☐ 0.3 cup pecans toasted chopped
- ☐ 1 cup quinoa rinsed well
- ☐ 2 cups vanilla yogurt
- ☐ 2 cups water

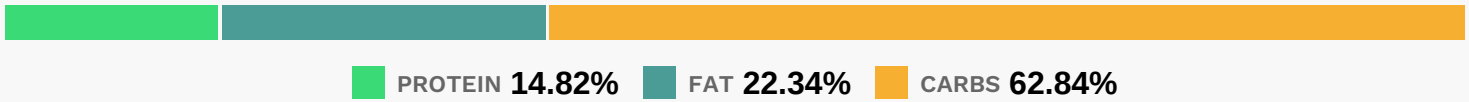
Equipment

- ☐ sauce pan

Directions

Bring the quinoa and water to a boil in a medium sized sauce pan, reduce the heat and simmer covered until the water has been absorbed and the quinoa is tender, about 15–20 minutes. Chill the quinoa in the fridge. Assemble the parfait by layering the quinoa, yogurt, blueberries and pecans.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:3.61, Inflammation Score:-7, Nutrition Score:17.963913337044%

Flavonoids

Cyanidin: 6.92mg, Cyanidin: 6.92mg, Cyanidin: 6.92mg, Cyanidin: 6.92mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.67mg, Delphinidin: 26.67mg, Delphinidin: 26.67mg, Delphinidin: 26.67mg 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: 4.36mg, Catechin: 4.36mg, Catechin: 4.36mg, Catechin: 4.36mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg 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: 345.46kcal (17.27%), Fat: 8.81g (13.55%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 55.76g (18.59%), Net Carbohydrates: 50.42g (18.33%), Sugar: 24.52g (27.25%), Cholesterol: 6.13mg (2.04%), Sodium: 89.63mg (3.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.16g (26.31%), Manganese: 1.4mg (69.8%), Phosphorus: 385.62mg (38.56%), Magnesium: 116.43mg (29.11%), Vitamin B2: 0.42mg (24.69%), Folate: 97.48µg (24.37%), Calcium: 241.77mg (24.18%), Fiber: 5.34g (21.38%), Copper: 0.4mg (20.1%), Zinc: 2.74mg (18.3%), Vitamin B1: 0.27mg (18.18%), Potassium: 589.9mg (16.85%), Vitamin B6: 0.31mg (15.68%), Selenium: 9.92µg (14.18%), Vitamin K: 14.62µg (13.92%), Iron: 2.39mg (13.29%), Vitamin B5: 1.15mg (11.49%), Vitamin B12: 0.65µg (10.82%), Vitamin E: 1.57mg (10.47%), Vitamin C: 8.23mg (9.97%), Vitamin B3: 1.16mg (5.79%), Vitamin A: 102.05IU (2.04%)