



Blueberry Yogurt Parfaits

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



164 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 cups blueberries fresh
- 5 tablespoons cereal low-fat
- 2.5 cups yogurt

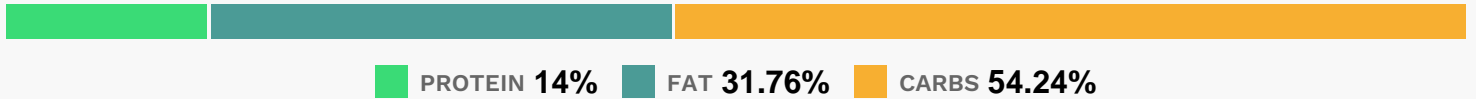
Equipment

- bowl

Directions

- Spoon 1/3 cup yogurt into each of 5 small bowls or juice glasses. Top each with 1/2 cup fresh blueberries. Cover with remaining yogurt, so that each parfait has a total amount of 1/2 cup of yogurt.
- Sprinkle 1 Tbsp. low-fat granola over each parfait.
- Buy right: Per 1/4 cup, the granola should have at least 1 1/2 grams of fiber and no more than 100 calories and 1 1/4 grams of fat.

Nutrition Facts



Properties

Glycemic Index:11.8, Glycemic Load:4.67, Inflammation Score:-4, Nutrition Score:7.8873912899391%

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: 163.6kcal (8.18%), Fat: 6.03g (9.27%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 20.86g (7.59%), Sugar: 15.12g (16.8%), Cholesterol: 15.93mg (5.31%), Sodium: 60.39mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.95%), Manganese: 0.52mg (26.08%), Calcium: 161.26mg (16.13%), Phosphorus: 154.65mg (15.47%), Vitamin K: 14.97µg (14.25%), Vitamin B2: 0.22mg (13.08%), Vitamin C: 7.8mg (9.46%), Fiber: 2.3g (9.18%), Potassium: 285.65mg (8.16%), Vitamin B12: 0.46µg (7.67%), Magnesium: 28.24mg (7.06%), Zinc: 1.04mg (6.94%), Selenium: 4.5µg (6.43%), Vitamin B1: 0.09mg (6.26%), Vitamin B5: 0.63mg (6.25%), Vitamin E: 0.88mg (5.87%), Vitamin B6: 0.09mg (4.48%), Copper: 0.08mg (4.11%), Folate: 16.42µg (4.1%), Iron: 0.7mg (3.91%), Vitamin A: 161.24IU (3.22%), Vitamin B3: 0.5mg (2.48%)