



## Boozy Berry Parfait

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



524 kcal

DESSERT

### Ingredients

- 12 ounces blackberries
- 0.3 cup bourbon dark (or whichever liquor you prefer)
- 2.3 cup cereal homemade store bought
- 2 cups greek yogurt plain ( or vanilla works best)
- 16 ounces strawberries halved
- 2 tablespoons sugar

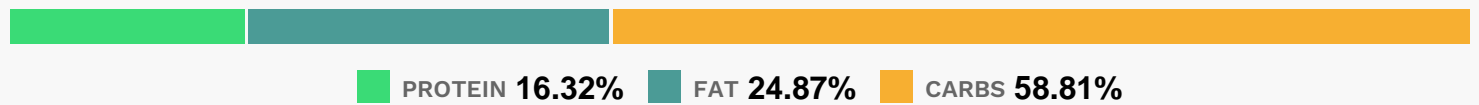
### Equipment

- bowl

## Directions

- In a large bowl combine strawberries, blueberries and/or blackberries, bourbon, and sugar, and gently toss with a spoon.
- Let sit on the counter until berries begin to release their juices, 8 to 10 minutes.
- Place berries in the bottom of a wineglass (or other pretty clear dish) followed by yogurt and the granola. Repeat in each glass, layering each parfait with a total of 6 layers.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:37.52, Glycemic Load:7.68, Inflammation Score:-8, Nutrition Score:26.417391248371%

## Flavonoids

Cyanidin: 86.91mg, Cyanidin: 86.91mg, Cyanidin: 86.91mg, Cyanidin: 86.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.56mg, Pelargonidin: 28.56mg, Pelargonidin: 28.56mg, Pelargonidin: 28.56mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 35.05mg, Catechin: 35.05mg, Catechin: 35.05mg, Catechin: 35.05mg Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg Epicatechin: 4.44mg, Epicatechin: 4.44mg, Epicatechin: 4.44mg, Epicatechin: 4.44mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 523.96kcal (26.2%), Fat: 13.97g (21.49%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 74.32g (24.77%), Net Carbohydrates: 63.85g (23.22%), Sugar: 33.49g (37.21%), Cholesterol: 5mg (1.67%), Sodium: 61.68mg (2.68%), Alcohol: 5.01g (100%), Alcohol %: 1.63% (100%), Protein: 20.62g (41.24%), Manganese: 2.91mg (145.32%), Vitamin C: 84.61mg (102.56%), Fiber: 10.48g (41.9%), Phosphorus: 391.76mg (39.18%), Selenium: 23.04µg (32.92%), Vitamin E: 4.07mg (27.16%), Vitamin B2: 0.46mg (26.94%), Magnesium: 107.51mg (26.88%), Iron: 4.17mg (23.15%), Calcium: 215.07mg (21.51%), Vitamin K: 22.47µg (21.4%), Copper: 0.42mg (21.09%), Potassium: 728.82mg (20.82%), Folate:

79.67µg (19.92%), Vitamin B1: 0.29mg (19.18%), Zinc: 2.57mg (17.13%), Vitamin B12: 0.75µg (12.5%), Vitamin B6: 0.23mg (11.42%), Vitamin B5: 1.11mg (11.13%), Vitamin B3: 1.88mg (9.38%), Vitamin A: 199.61IU (3.99%)