



Brazil Nut & Banana Parfait



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



503 kcal

DESSERT

Ingredients

- ☐ 4 banana firm ripe sliced
- ☐ 0.8 cup brazil nuts chopped
- ☐ 2 tablespoons powdered sugar
- ☐ 2 teaspoons sugar raw
- ☐ 1.8 cups greek yogurt with live active cultures
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup maple syrup

- ☐ 0.5 cups oats
- ☐ 1 teaspoon vanilla extract

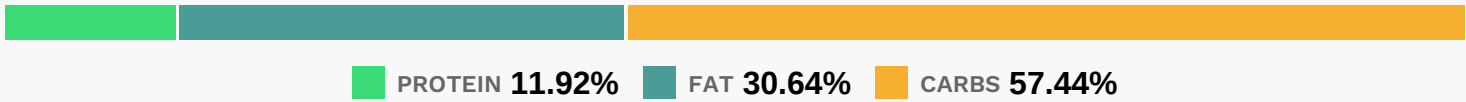
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Put the brazil nuts and maple syrup in a small saucepan over low heat and cook until the syrup bubbles.
- ☐ Remove from the heat and stir in the oats.
- ☐ Transfer to a nonstick baking sheet and place in a preheated oven, at 325°F, for 10 minutes, or until the oats are toasted and sticky.
- ☐ Mix the yogurt with the vanilla, cinnamon, and confectioners' sugar and set aside. Reserve 4 slices of banana for decoration, then place the remaining bananas in another bowl with the lemon juice and raw sugar and toss to coat.
- ☐ Divide half the yogurt mixture among 4 glass bowls or sundae glasses, top with half the bananas, then half the nut mixture. Repeat the layers, finishing with the nut mixture. Decorate with the reserved banana slices and chill until ready to serve.
- ☐ Eat Yourself Happy by Gill Paul, Hamlyn 2013, Photo Will Heap.

Nutrition Facts



Properties

Glycemic Index:36.57, Glycemic Load:25.51, Inflammation Score:-6, Nutrition Score:22.29869551244%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol:

0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 503.26kcal (25.16%), Fat: 17.6g (27.07%), Saturated Fat: 4.13g (25.83%), Carbohydrates: 74.2g (24.73%), Net Carbohydrates: 68.52g (24.91%), Sugar: 47.57g (52.86%), Cholesterol: 4.38mg (1.46%), Sodium: 37.96mg (1.65%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 15.41g (30.81%), Manganese: 2.4mg (120.22%), Selenium: 38.5µg (55%), Vitamin B2: 0.87mg (51.17%), Magnesium: 153.56mg (38.39%), Phosphorus: 334.25mg (33.42%), Copper: 0.59mg (29.44%), Vitamin B1: 0.41mg (27.44%), Vitamin B6: 0.53mg (26.38%), Potassium: 810.36mg (23.15%), Fiber: 5.69g (22.75%), Calcium: 192.63mg (19.26%), Zinc: 2.35mg (15.68%), Vitamin C: 11.25mg (13.64%), Vitamin B12: 0.61µg (10.21%), Vitamin E: 1.43mg (9.54%), Vitamin B3: 1.84mg (9.22%), Folate: 34.5µg (8.62%), Vitamin B5: 0.86mg (8.6%), Iron: 1.52mg (8.45%), Vitamin A: 80.64IU (1.61%)