



Breakfast Parfait for One

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



171 kcal

Ingredients

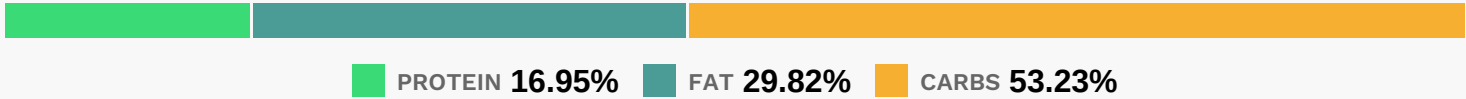
- ☐ 6 oz yogurt yoplait® (any fruit-flavored)
- ☐ 0.3 cup corn flakes/bran flakes whole crushed oatmeal crisp® grain total®
- ☐ 0.5 cup strawberries sliced

Equipment

Directions

- ☐ In tall narrow glass, place 1/3 of the yogurt. Top with 1/3 of the cereal and 1/3 of the fruit. Repeat layers twice.

Nutrition Facts



Properties

Glycemic Index:131.25, Glycemic Load:9.13, Inflammation Score:-7, Nutrition Score:16.782608820044%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 170.53kcal (8.53%), Fat: 6.02g (9.27%), Saturated Fat: 3.63g (22.68%), Carbohydrates: 24.19g (8.06%), Net Carbohydrates: 20.31g (7.39%), Sugar: 13.93g (15.47%), Cholesterol: 22.11mg (7.37%), Sodium: 150.96mg (6.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.41%), Vitamin C: 43.19mg (52.35%), Manganese: 0.76mg (38.02%), Folate: 118.12µg (29.53%), Vitamin B2: 0.44mg (26.12%), Phosphorus: 238.74mg (23.87%), Iron: 4.11mg (22.85%), Calcium: 223.2mg (22.32%), Vitamin B12: 1.3µg (21.6%), Vitamin B1: 0.24mg (16%), Selenium: 11.03µg (15.76%), Vitamin B6: 0.31mg (15.75%), Fiber: 3.88g (15.52%), Magnesium: 60.31mg (15.08%), Vitamin B3: 2.63mg (13.16%), Potassium: 444.88mg (12.71%), Zinc: 1.77mg (11.81%), Vitamin A: 510.37IU (10.21%), Vitamin B5: 0.87mg (8.67%), Copper: 0.12mg (5.83%), Vitamin D: 0.61µg (4.07%), Vitamin E: 0.41mg (2.76%), Vitamin K: 2.11µg (2.01%)