

Brunch Parfaits

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

Ingredients

- 0.3 cup apricot preserves
- 2 cups vanilla yogurt low-fat
- 0.5 cup cereal low-fat (such as Kellogg's)
- 2 tablespoons slivered almonds toasted
- 3 cups strawberries sliced

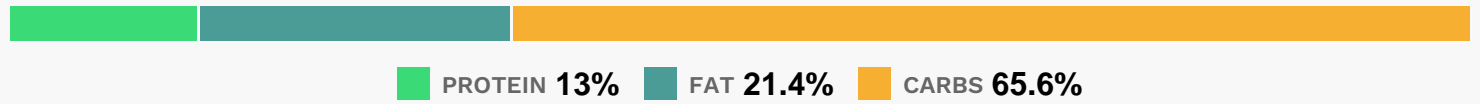
Equipment

- bowl
- microwave

Directions

- Place apricot preserves in a medium microwave-safe bowl, and microwave at high for 10 to 15 seconds or until preserves melt.
- Add strawberries, and toss gently to coat.
- Spoon 1/4 cup yogurt into each of 4 parfait glasses; top each serving with 1/3 cup strawberry mixture. Repeat the layers with the remaining yogurt and strawberry mixture. Top each serving with 2 tablespoons granola and 1 1/2 teaspoons almonds.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:2.5, Inflammation Score:-6, Nutrition Score:15.679999931999%

Flavonoids

Cyanidin: 1.94mg, Cyanidin: 1.94mg, Cyanidin: 1.94mg, Cyanidin: 1.94mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 286.56kcal (14.33%), Fat: 7.14g (10.98%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 49.22g (16.41%), Net Carbohydrates: 45.59g (16.58%), Sugar: 34.07g (37.86%), Cholesterol: 6.13mg (2.04%), Sodium: 94.9mg (4.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.51%), Vitamin C: 66.23mg (80.28%),

Manganese: 0.95mg (47.63%), Phosphorus: 260.77mg (26.08%), Calcium: 257.26mg (25.73%), Vitamin B2: 0.36mg (21.1%), Potassium: 544.52mg (15.56%), Magnesium: 61.81mg (15.45%), Vitamin E: 2.23mg (14.87%), Fiber: 3.64g (14.55%), Selenium: 9.67µg (13.82%), Folate: 46.98µg (11.74%), Vitamin B12: 0.66µg (11%), Zinc: 1.64mg (10.94%), Vitamin B5: 0.93mg (9.26%), Copper: 0.18mg (9.16%), Vitamin B1: 0.13mg (8.99%), Iron: 1.47mg (8.19%), Vitamin B6: 0.14mg (6.75%), Vitamin B3: 0.88mg (4.4%), Vitamin K: 3.17µg (3.02%), Vitamin A: 106.1IU (2.12%)