



## Caramel Apple Yogurt Parfaits

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

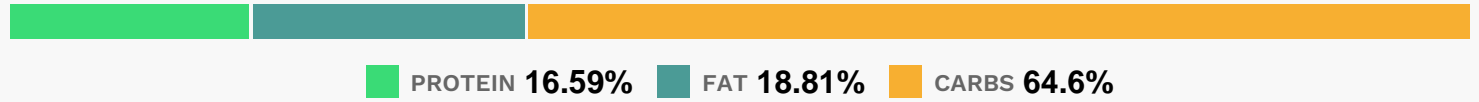
- 2 cups yogurt plain fat free 99% yoplait® (from 2-lb container)
- 2 medium apples unpeeled cut into chunks (2 cups)
- 0.3 cup mrs richardson's butterscotch caramel sauce fat-free
- 2 tablespoons pecans coarsely chopped

### Equipment

### Directions

- Reserve 1/4 cup yogurt for topping. Divide remaining yogurt among 4 (8-oz) glasses or dessert dishes. Spoon 1/2 cup of the apple chunks over yogurt in each glass.
- Top each with 1 tablespoon of the remaining yogurt. Spoon 1 tablespoon caramel topping over yogurt.
- Sprinkle pecans over each parfait.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:10.5, Glycemic Load:3.34, Inflammation Score:-3, Nutrition Score:8.1982608256133%

### Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 6.89mg, Epicatechin: 6.89mg, Epicatechin: 6.89mg, Epicatechin: 6.89mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

### Nutrients (% of daily need)

Calories: 180.98kcal (9.05%), Fat: 3.98g (6.12%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 30.71g (10.24%), Net Carbohydrates: 28.05g (10.2%), Sugar: 27.12g (30.14%), Cholesterol: 2.45mg (0.82%), Sodium: 143.4mg (6.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.77%), Calcium: 259.66mg (25.97%), Phosphorus: 221.69mg (22.17%), Vitamin B2: 0.32mg (18.64%), Manganese: 0.27mg (13.5%), Vitamin B12: 0.77µg (12.88%), Potassium: 439.57mg (12.56%), Fiber: 2.66g (10.66%), Zinc: 1.45mg (9.67%), Vitamin B5: 0.91mg (9.06%), Magnesium: 34.58mg (8.65%), Vitamin B1: 0.11mg (7.15%), Selenium: 4.78µg (6.83%), Vitamin C: 5.41mg (6.56%), Vitamin B6: 0.11mg (5.64%), Copper: 0.1mg (5.15%), Folate: 18.81µg (4.7%), Vitamin K: 2.42µg (2.31%), Iron: 0.35mg (1.92%), Vitamin E: 0.24mg (1.61%), Vitamin B3: 0.29mg (1.47%), Vitamin A: 73.23IU (1.46%)