



Chocolate-Kiwi-Berry Parfaits

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



144 kcal

DESSERT

Ingredients

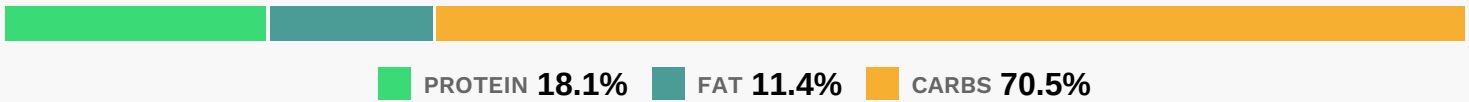
- ☐ 2 brownie mix
- ☐ 12 medium strawberries cut into chunks
- ☐ 2 medium kiwi fruit peeled cut into chunks
- ☐ 2 cups vanilla yogurt fat free 99% yoplait® (from 2-lb container)

Equipment

Directions

- ☐ Reserve 1 tablespoon small brownie pieces for garnish. In each of 4 serving glasses, layer the remaining brownie pieces, the strawberries and kiwifruit.
- ☐ Top each with 1/2 cup yogurt.
- ☐ Garnish each parfait with reserved brownie pieces.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:3.45, Inflammation Score:-4, Nutrition Score:10.902174001155%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 144.24kcal (7.21%), Fat: 1.9g (2.92%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 26.43g (8.81%), Net Carbohydrates: 24.35g (8.85%), Sugar: 23g (25.56%), Cholesterol: 6.13mg (2.04%), Sodium: 84.94mg (3.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.57%), Vitamin C: 56.14mg (68.04%), Calcium: 231.16mg (23.12%), Phosphorus: 189.49mg (18.95%), Vitamin K: 19.25µg (18.33%), Vitamin B2: 0.27mg (15.62%), Potassium: 413.45mg (11.81%), Vitamin B12: 0.65µg (10.82%), Manganese: 0.19mg (9.42%), Selenium: 6.24µg (8.91%), Folate: 33.94µg (8.49%), Fiber: 2.09g (8.34%), Vitamin B5: 0.8mg (8.04%), Magnesium: 31.56mg (7.89%), Zinc: 1.13mg (7.54%), Vitamin B6: 0.1mg (4.99%), Vitamin B1: 0.07mg (4.83%), Vitamin E: 0.72mg (4.8%), Copper: 0.09mg (4.71%), Vitamin B3: 0.44mg (2.19%), Iron: 0.36mg (1.98%), Vitamin A: 96.58IU (1.93%)