



Citrus-Berry Parfait



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



127 kcal

DESSERT

Ingredients

- ☐ 0.5 cup blackberries fresh halved
- ☐ 0.5 cup blueberries fresh
- ☐ 1 tablespoon mint leaves fresh minced
- ☐ 1.5 teaspoons rosemary leaves fresh minced
- ☐ 3 cups greek yogurt plain fat-free chilled low-fat well
- ☐ 1.5 tablespoons honey
- ☐ 6 servings mint leaves fresh
- ☐ 0.3 cup orange juice concentrate frozen 100% thawed

- ☐ 0.5 cup raspberries fresh
- ☐ 6 servings sea salt flaked
- ☐ 1 cup strawberries fresh quartered

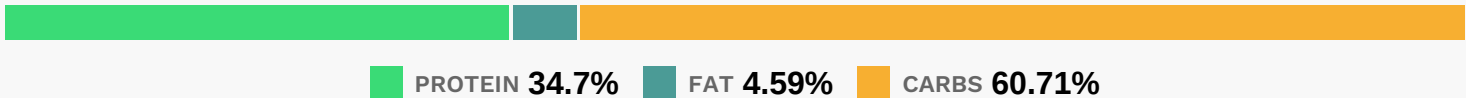
Equipment

- ☐ bowl

Directions

- ☐ Combine first 5 ingredients in a bowl.
- ☐ Layer yogurt mixture and berries evenly in 6 parfait glasses or wineglasses.
- ☐ Sprinkle each with a pinch of flaked sea salt.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:30.55, Glycemic Load:3.67, Inflammation Score:-5, Nutrition Score:9.7443477900132%

Flavonoids

Cyanidin: 18.02mg, Cyanidin: 18.02mg, Cyanidin: 18.02mg, Cyanidin: 18.02mg Petunidin: 3.95mg, Petunidin: 3.95mg, Petunidin: 3.95mg, Petunidin: 3.95mg Delphinidin: 4.58mg, Delphinidin: 4.58mg, Delphinidin: 4.58mg, Delphinidin: 4.58mg Malvidin: 8.35mg, Malvidin: 8.35mg, Malvidin: 8.35mg, Malvidin: 8.35mg Pelargonidin: 6.12mg, Pelargonidin: 6.12mg, Pelargonidin: 6.12mg, Pelargonidin: 6.12mg Peonidin: 2.55mg, Peonidin: 2.55mg, Peonidin: 2.55mg, Peonidin: 2.55mg Catechin: 5.98mg, Catechin: 5.98mg, Catechin: 5.98mg, Catechin: 5.98mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin:

1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 126.7kcal (6.33%), Fat: 0.66g (1.02%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 17.39g (6.32%), Sugar: 15.7g (17.44%), Cholesterol: 5mg (1.67%), Sodium: 232.26mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.3g (22.61%), Vitamin C: 43.94mg (53.26%), Vitamin B2: 0.33mg (19.58%), Manganese: 0.32mg (16.08%), Phosphorus: 159.97mg (16%), Selenium: 10.18µg (14.55%), Calcium: 132.52mg (13.25%), Vitamin B12: 0.7µg (11.67%), Potassium: 334.37mg (9.55%), Fiber: 2.38g (9.52%), Folate: 32.97µg (8.24%), Vitamin B6: 0.14mg (6.78%), Magnesium: 26.58mg (6.65%), Vitamin K: 6.13µg (5.84%), Vitamin B1: 0.08mg (5.52%), Vitamin B5: 0.54mg (5.41%), Zinc: 0.75mg (4.98%), Copper: 0.08mg (4.09%), Vitamin A: 180.93IU (3.62%), Vitamin B3: 0.7mg (3.51%), Vitamin E: 0.47mg (3.15%), Iron: 0.52mg (2.87%)