



Crunchy Berry Parfait

 Vegetarian  Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



352 kcal

Ingredients

- 0.5 cup vanilla yogurt low-fat
- 1 cup strawberries fresh sliced
- 0.3 cup wheat and barley cereal nuggets

Equipment

Directions

- Layer half each of the strawberries, yogurt and cereal in medium glass.
- Repeat layers.

Serve immediately.

Nutrition Facts

PROTEIN 13.62% **FAT 7.42%** **CARBS 78.96%**

Properties

Glycemic Index:40, Glycemic Load:3.27, Inflammation Score:-9, Nutrition Score:38.299130284268%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 351.55kcal (17.58%), Fat: 3.22g (4.95%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 77.04g (25.68%), Net Carbohydrates: 66.61g (24.22%), Sugar: 30.23g (33.59%), Cholesterol: 6.13mg (2.04%), Sodium: 422.07mg (18.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.58%), Vitamin D: 50.32µg (335.48%), Folate: 551.4µg (137.85%), Vitamin C: 93.2mg (112.97%), Iron: 18.8mg (104.43%), Zinc: 7.82mg (52.16%), Vitamin B2: 0.81mg (47.81%), Vitamin B12: 2.54µg (42.28%), Fiber: 10.43g (41.71%), Phosphorus: 388.67mg (38.87%), Vitamin B6: 0.75mg (37.6%), Vitamin B1: 0.56mg (37.19%), Calcium: 358.32mg (35.83%), Vitamin B3: 6.98mg (34.89%), Manganese: 0.56mg (28.04%), Magnesium: 88.64mg (22.16%), Potassium: 702.53mg (20.07%), Vitamin A: 698.98IU (13.98%), Selenium: 6.58µg (9.4%), Vitamin B5: 0.86mg (8.56%), Copper: 0.09mg (4.25%), Vitamin K: 3.29µg (3.13%), Vitamin E: 0.44mg (2.95%)