



Crunchy-Topped Strawberry-Kiwi Parfaits



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



550 kcal

Ingredients

- ☐ 2 cups pinenuts
- ☐ 0.3 cup almonds sliced
- ☐ 1.5 cups peaches fat free 99% yoplait® (from 2-lb container)
- ☐ 1 cup strawberries fresh sliced
- ☐ 2 medium kiwi fruit peeled cut into chunks

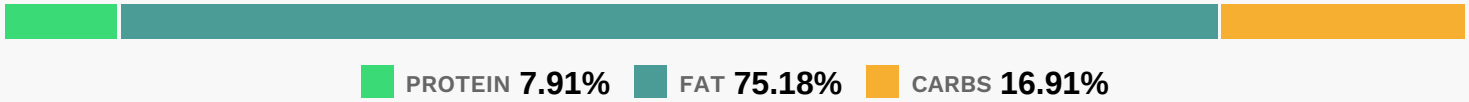
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F.
- ☐ Place cereal and almonds in ungreased 13x9-inch pan.
- ☐ Bake 6 to 10 minutes, stirring occasionally, until light brown. Cool about 5 minutes.
- ☐ In each of 4 parfait glasses, alternate layers of yogurt, strawberries, kiwifruit and toasted cereal and almond mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.73, Glycemic Load:5.51, Inflammation Score:-8, Nutrition Score:27.137391214785%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg 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: 4.03mg, Catechin: 4.03mg, Catechin: 4.03mg, Catechin: 4.03mg Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 549.73kcal (27.49%), Fat: 49.5g (76.16%), Saturated Fat: 3.56g (22.22%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 18.88g (6.87%), Sugar: 13.37g (14.85%), Cholesterol: 0mg (0%), Sodium: 11.55mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.43%), Manganese: 6.29mg (314.58%), Vitamin C:

58.06mg (70.38%), Vitamin E: 8.89mg (59.25%), Vitamin K: 57.24µg (54.52%), Copper: 1.07mg (53.68%),
Magnesium: 201.53mg (50.38%), Phosphorus: 452.6mg (45.26%), Zinc: 4.78mg (31.87%), Fiber: 6.17g (24.67%), Iron:
4.4mg (24.44%), Vitamin B3: 3.94mg (19.72%), Vitamin B1: 0.29mg (19.48%), Potassium: 660.75mg (18.88%),
Vitamin B2: 0.26mg (15.06%), Folate: 49.42µg (12.35%), Vitamin B6: 0.13mg (6.52%), Vitamin A: 251.8IU (5.04%),
Calcium: 50.26mg (5.03%), Vitamin B5: 0.45mg (4.55%), Selenium: 2.16µg (3.08%)