



Crunchy-Topped Strawberry-Kiwi Parfaits



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



135 kcal

Ingredients

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

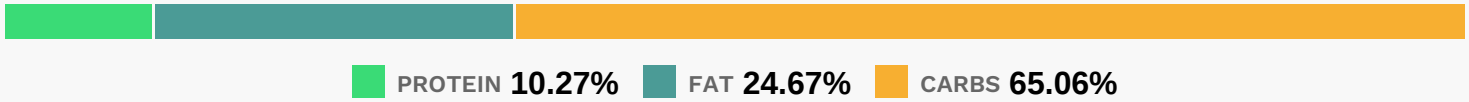
Equipment

- ☐ 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:-7, Nutrition Score:15.397391194883%

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: 134.52kcal (6.73%), Fat: 4.03g (6.19%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 23.9g (7.97%), Net Carbohydrates: 19.17g (6.97%), Sugar: 11.42g (12.69%), Cholesterol: 0mg (0%), Sodium: 62.38mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin C: 59.77mg (72.45%), Manganese: 0.72mg (36.13%),

Folate: 101.43µg (25.36%), Iron: 3.7mg (20.56%), Vitamin K: 21.07µg (20.07%), Fiber: 4.73g (18.92%), Vitamin E: 2.63mg (17.55%), Vitamin B3: 2.86mg (14.3%), Vitamin B6: 0.25mg (12.75%), Zinc: 1.83mg (12.22%), Vitamin B1: 0.18mg (12.2%), Vitamin B12: 0.71µg (11.85%), Vitamin A: 578.62IU (11.57%), Copper: 0.22mg (11.16%), Magnesium: 44.08mg (11.02%), Phosphorus: 101.96mg (10.2%), Potassium: 324.24mg (9.26%), Calcium: 76.95mg (7.69%), Vitamin B2: 0.11mg (6.66%), Selenium: 4.3µg (6.14%), Vitamin B5: 0.36mg (3.56%), Vitamin D: 0.38µg (2.52%)