



Easiest Breakfast Ever: Sunny Fruit Parfait

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



128 kcal

Ingredients

- 1 serving apples organic grated unpeeled chopped for very small children (instead of)
- 1 serving raisins organic
- 1 serving sunflower seeds
- 1 serving yogurt plain unsweetened (regular or greek)

Equipment

Nutrition Facts



■ PROTEIN 3.28% ■ FAT 5.18% ■ CARBS 91.54%

Properties

Glycemic Index:129.8, Glycemic Load:14.95, Inflammation Score:-1, Nutrition Score:3.4869565217391%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Taste

Sweetness: 100%, Saltiness: 5.7%, Sourness: 48.24%, Bitterness: 22.09%, Savoriness: 2.83%, Fattiness: 22.83%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 127.75kcal (6.39%), Fat: 0.82g (1.25%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 32.41g (10.8%), Net Carbohydrates: 28.79g (10.47%), Sugar: 6.57g (7.3%), Cholesterol: 0.13mg (0.04%), Sodium: 9.57mg (0.42%), Protein: 1.16g (2.32%), Fiber: 3.63g (14.5%), Potassium: 322.38mg (9.21%), Copper: 0.13mg (6.28%), Manganese: 0.12mg (6.08%), Vitamin C: 4.51mg (5.47%), Iron: 0.91mg (5.03%), Vitamin B6: 0.1mg (4.79%), Vitamin B2: 0.08mg (4.46%), Vitamin B1: 0.06mg (3.95%), Magnesium: 15.5mg (3.87%), Phosphorus: 36.92mg (3.69%), Vitamin E: 0.46mg (3.1%), Vitamin B3: 0.48mg (2.38%), Calcium: 14.14mg (1.41%), Vitamin K: 1.38µg (1.31%), Folate: 5.12µg (1.28%), Selenium: 0.73µg (1.05%)