



Easy Crunchy Berry Parfaits

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



613 kcal

Ingredients

- 1 bananas sliced
- 0.5 cup blueberries fresh
- 1 cup cereal
- 2 cups strawberries fresh sliced
- 2 cups vanilla yogurt

Equipment

Directions

- Place about 1/2 cup strawberry slices into 2 glasses or parfait dishes. Spoon about 1/2 cup yogurt into each glass and top with about 1/4 cup granola. Divide remaining strawberries into glasses and top with banana slices.
- Place about 1/4 cup blueberries over bananas and top with remaining 1 cup yogurt.
- Layer remaining 1/2 cup granola over yogurt and drizzle each parfait with honey.

Nutrition Facts



Properties

Glycemic Index:67.39, Glycemic Load:11.59, Inflammation Score:-8, Nutrition Score:30.748695757078%

Flavonoids

Cyanidin: 5.55mg, Cyanidin: 5.55mg, Cyanidin: 5.55mg, Cyanidin: 5.55mg Petunidin: 11.82mg, Petunidin: 11.82mg, Petunidin: 11.82mg, Petunidin: 11.82mg Delphinidin: 13.56mg, Delphinidin: 13.56mg, Delphinidin: 13.56mg, Delphinidin: 13.56mg Malvidin: 25.02mg, Malvidin: 25.02mg, Malvidin: 25.02mg, Malvidin: 25.02mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 7.58mg, Peonidin: 7.58mg, Peonidin: 7.58mg, Peonidin: 7.58mg Catechin: 10.03mg, Catechin: 10.03mg, Catechin: 10.03mg, Catechin: 10.03mg Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg 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 Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 612.8kcal (30.64%), Fat: 14.8g (22.77%), Saturated Fat: 3.43g (21.42%), Carbohydrates: 104.68g (34.89%), Net Carbohydrates: 96.2g (34.98%), Sugar: 64.19g (71.32%), Cholesterol: 12.25mg (4.08%), Sodium: 184.23mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.28%), Manganese: 2.48mg (124.2%), Vitamin C: 95.42mg (115.65%), Phosphorus: 562.07mg (56.21%), Calcium: 499.62mg (49.96%), Vitamin B2: 0.69mg (40.72%), Potassium: 1233.26mg (35.24%), Selenium: 23.76µg (33.94%), Fiber: 8.47g (33.9%), Magnesium: 131.58mg (32.9%), Vitamin B6: 0.49mg (24.34%), Folate: 96.27µg (24.07%), Zinc: 3.6mg (24.02%), Vitamin B1: 0.36mg (23.9%), Vitamin B12: 1.34µg (22.35%), Vitamin B5: 2.12mg (21.23%), Vitamin E: 3.09mg (20.57%), Iron: 3.67mg (20.4%), Copper: 0.34mg (17.25%), Vitamin K: 13.53µg (12.89%), Vitamin B3: 1.94mg (9.72%), Vitamin A: 180.37IU (3.61%)