



Easy Crunchy Berry Parfaits

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



645 kcal

DESSERT

Ingredients

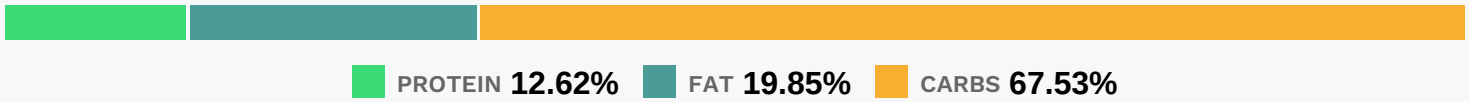
- ☐ 1 bananas sliced
- ☐ 0.5 cup blueberries fresh
- ☐ 1 cup cereal
- ☐ 1 tablespoon honey to taste
- ☐ 2 cups strawberries fresh sliced
- ☐ 2 cups vanilla yogurt

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:93.53, Glycemic Load:16.1, Inflammation Score:-8, Nutrition Score:30.820434787999%

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: 644.72kcal (32.24%), Fat: 14.8g (22.77%), Saturated Fat: 3.43g (21.42%), Carbohydrates: 113.33g (37.78%), Net Carbohydrates: 104.84g (38.12%), Sugar: 72.81g (80.9%), Cholesterol: 12.25mg (4.08%), Sodium: 184.65mg (8.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.17g (42.34%), Manganese: 2.49mg (124.62%), Vitamin C: 95.47mg (115.72%), Phosphorus: 562.49mg (56.25%), Calcium: 500.25mg (50.03%), Vitamin B2: 0.7mg (40.95%), Potassium: 1238.72mg (35.39%), Selenium: 23.84µg (34.06%), Fiber: 8.49g (33.98%), Magnesium: 131.79mg (32.95%), Vitamin B6: 0.49mg (24.47%), Zinc: 3.63mg (24.17%), Folate: 96.48µg (24.12%), Vitamin B1:

0.36mg (23.9%), Vitamin B12: 1.34µg (22.35%), Vitamin B5: 2.13mg (21.3%), Iron: 3.72mg (20.65%), Vitamin E: 3.09mg (20.57%), Copper: 0.35mg (17.44%), Vitamin K: 13.53µg (12.89%), Vitamin B3: 1.96mg (9.79%), Vitamin A: 180.37IU (3.61%)