



Fresh Berry Parfaits

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



347 kcal

DESSERT

Ingredients

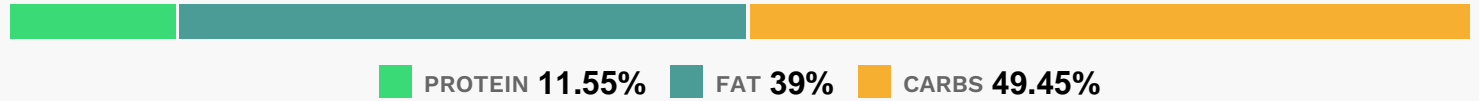
- 6 servings almonds toasted sliced
- 1 pint blueberries
- 7 ounce yogurt plain fat-free greek-style for 15 minutes (alternatively, put 2 cups regular yogurt into a coffee filter set in a strainer)
- 2 tablespoons maple syrup
- 1 pint raspberries
- 2 pints strawberries stemmed quartered

Equipment

Directions

- Divide the strawberries among 6 wine glasses, followed by the blueberries, then raspberries. Spoon the yogurt on top and drizzle with the maple syrup.
- Garnish with the almonds if using and serve.

Nutrition Facts



Properties

Glycemic Index:25.42, Glycemic Load:10.42, Inflammation Score:-8, Nutrition Score:26.236956389054%

Flavonoids

Cyanidin: 46.15mg, Cyanidin: 46.15mg, Cyanidin: 46.15mg, Cyanidin: 46.15mg Petunidin: 25.28mg, Petunidin: 25.28mg, Petunidin: 25.28mg, Petunidin: 25.28mg Delphinidin: 29.47mg, Delphinidin: 29.47mg, Delphinidin: 29.47mg, Delphinidin: 29.47mg Malvidin: 53.42mg, Malvidin: 53.42mg, Malvidin: 53.42mg, Malvidin: 53.42mg Pelargonidin: 39.97mg, Pelargonidin: 39.97mg, Pelargonidin: 39.97mg, Pelargonidin: 39.97mg Peonidin: 16.17mg, Peonidin: 16.17mg, Peonidin: 16.17mg, Peonidin: 16.17mg Catechin: 10.49mg, Catechin: 10.49mg, Catechin: 10.49mg, Catechin: 10.49mg Epigallocatechin: 2.89mg, Epigallocatechin: 2.89mg, Epigallocatechin: 2.89mg, Epigallocatechin: 2.89mg Epicatechin: 4.11mg, Epicatechin: 4.11mg, Epicatechin: 4.11mg, Epicatechin: 4.11mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 346.65kcal (17.33%), Fat: 16.28g (25.04%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 46.45g (15.48%), Net Carbohydrates: 32.52g (11.83%), Sugar: 26.89g (29.88%), Cholesterol: 0.66mg (0.22%), Sodium: 29.52mg (1.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.84g (21.68%), Vitamin C: 121.35mg (147.09%), Manganese: 2.24mg (112.13%), Vitamin E: 9.27mg (61.82%), Fiber: 13.92g (55.69%), Vitamin B2: 0.6mg (35.36%), Magnesium: 131.27mg (32.82%), Phosphorus: 266.41mg (26.64%), Copper: 0.51mg (25.28%), Vitamin K: 24.91µg (23.72%), Potassium: 740.37mg (21.15%), Calcium: 203.47mg (20.35%), Folate: 76.32µg (19.08%), Iron: 2.56mg (14.23%), Zinc: 1.98mg (13.21%), Vitamin B3: 2.54mg (12.71%), Vitamin B1: 0.17mg (11.6%), Vitamin B6: 0.22mg

(10.86%), Vitamin B5: 0.91mg (9.07%), Selenium: 3.29 μ g (4.7%), Vitamin B12: 0.2 μ g (3.36%), Vitamin A: 90.15IU (1.8%)