



Fresh Fruit Parfait with Lemon-Poppy Seed Yogurt

 Vegetarian  Gluten Free

READY IN



22 min.

SERVINGS



4

CALORIES



182 kcal

DESSERT

Ingredients

- 1 cup blueberries
- 1 juice of lemon juiced for garnish
- 2 kiwi fruit peeled sliced quartered
- 4 servings mint leaves for garnish
- 2 peaches diced pitted quartered
- 2 cups yogurt plain
- 1 tablespoon poppy seeds

1 tablespoon sugar

Equipment

bowl

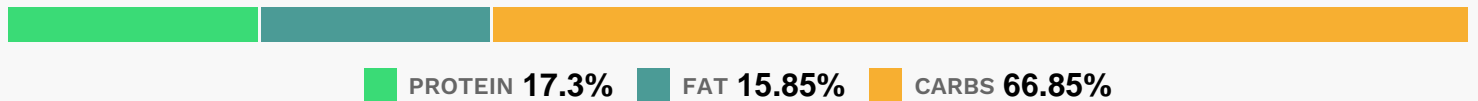
Directions

In a medium bowl place cut fruit, blueberries, lemon juice and 1 tablespoon sugar.

Mix well and macerate for about 10 to 15 minutes. This will allow fruit to be infused with lemon juice and sugar. Meanwhile in a small bowl stir 2 cups of lowfat yogurt and poppy seeds. In clear glasses, layer the ingredients starting with the fruit mixture then next layer with yogurt, then fruit, then yogurt. Repeat these steps until you have filled the glasses.

Garnish with a sprig of mint.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:9.13, Inflammation Score:-6, Nutrition Score:13.685217421988%

Flavonoids

Cyanidin: 4.57mg, Cyanidin: 4.57mg, Cyanidin: 4.57mg, Cyanidin: 4.57mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 5.65mg, Catechin: 5.65mg, Catechin: 5.65mg, Catechin: 5.65mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 181.87kcal (9.09%), Fat: 3.4g (5.22%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 32.22g (10.74%), Net Carbohydrates: 28.3g (10.29%), Sugar: 25.94g (28.82%), Cholesterol: 7.35mg (2.45%), Sodium: 99.14mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.68%), Vitamin C: 44.88mg (54.39%), Calcium: 280.58mg (28.06%), Vitamin K: 27.97µg (26.64%), Phosphorus: 233.71mg (23.37%), Manganese: 0.38mg (19.16%), Vitamin B2: 0.32mg (18.74%), Fiber: 3.92g (15.68%), Potassium: 526.38mg (15.04%), Vitamin B12: 0.69µg (11.43%), Magnesium: 45.38mg (11.35%), Zinc: 1.58mg (10.52%), Copper: 0.2mg (9.89%), Vitamin B5: 0.99mg (9.88%), Vitamin E: 1.44mg (9.58%), Folate: 36.51µg (9.13%), Selenium: 6.07µg (8.68%), Vitamin A: 409.47IU (8.19%), Vitamin B1: 0.12mg (7.98%), Vitamin B6: 0.14mg (6.8%), Vitamin B3: 1.11mg (5.56%), Iron: 0.84mg (4.69%)