



Frosted Toast Crunch™ Berry Parfaits

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 0.5 cup blackberries fresh
- ☐ 0.5 cup blueberries fresh
- ☐ 2 cups yogurt plain yoplait® (from 32-oz container)
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon honey
- ☐ 1 cup frosted toast cereal

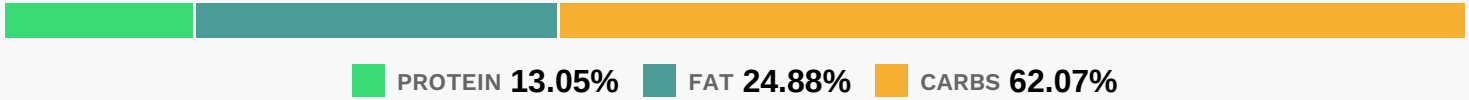
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix yogurt, honey and cinnamon. In another small bowl, mix berries.
- ☐ In each of 4 small glasses or bowls, place 2 tablespoons of the cereal. Top cereal in each with 1/4 cup of the yogurt mixture and 2 tablespoons of the berry mixture. Repeat layers.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.32, Glycemic Load:4.44, Inflammation Score:-5, Nutrition Score:10.50260875536%

Flavonoids

Cyanidin: 19.56mg, Cyanidin: 19.56mg, Cyanidin: 19.56mg, Cyanidin: 19.56mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 3.79mg, Peonidin: 3.79mg, Peonidin: 3.79mg, Peonidin: 3.79mg Catechin: 7.65mg, Catechin: 7.65mg, Catechin: 7.65mg, Catechin: 7.65mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 148.95kcal (7.45%), Fat: 4.31g (6.64%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 22.31g (8.11%), Sugar: 16.47g (18.3%), Cholesterol: 15.93mg (5.31%), Sodium: 106.11mg (4.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Vitamin B2: 0.37mg (21.77%), Vitamin B12: 1.3µg (21.73%), Vitamin B6: 0.43mg (21.56%), Iron: 3.09mg (17.18%), Vitamin B1: 0.25mg (16.37%), Vitamin B3: 3.21mg (16.03%), Calcium: 160.2mg (16.02%), Manganese: 0.28mg (14.03%), Folate: 54.43µg (13.61%), Phosphorus: 128.02mg (12.8%), Vitamin C: 8.77mg (10.63%), Fiber: 1.9g (7.62%), Vitamin K: 7.56µg (7.2%), Potassium: 246.15mg (7.03%), Vitamin A: 340.94IU (6.82%), Zinc: 0.88mg (5.89%), Vitamin B5: 0.58mg (5.77%), Magnesium: 20.66mg (5.16%), Selenium: 3.19µg (4.56%), Vitamin D: 0.62µg (4.11%), Copper: 0.06mg (2.95%), Vitamin E: 0.41mg (2.72%)