



Fruit 'n Yogurt Parfait with NUTELLA®

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup poached berries assorted
- ☐ 0.5 cup cereal
- ☐ 1 cup greek yogurt 2% low-fat (or less M. F.)
- ☐ 0.3 cup nutella

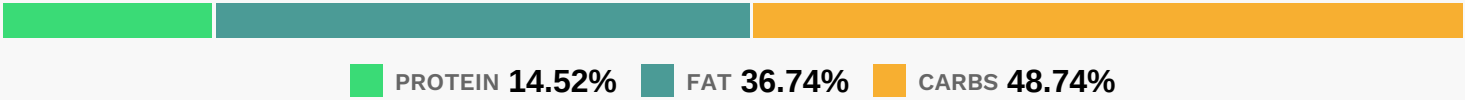
Equipment

- ☐ oven

Directions

- ☐ In four parfait glasses, layer 1 tablespoon of granola, 1 tablespoon of NUTELLA®, 2 tablespoons of yogurt and 1/4 cup of berries. Top berries with an additional 2 tablespoons of yogurt and sprinkle with remaining granola.
- ☐ Serve and enjoy.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:3.13, Inflammation Score:-2, Nutrition Score:5.960000038147%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 234.98kcal (11.75%), Fat: 9.69g (14.92%), Saturated Fat: 6.36g (39.76%), Carbohydrates: 28.94g (9.65%), Net Carbohydrates: 26.08g (9.48%), Sugar: 18.77g (20.86%), Cholesterol: 3.28mg (1.09%), Sodium: 36.27mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.24%), Manganese: 0.63mg (31.42%), Fiber: 2.85g (11.41%), Vitamin E: 1.7mg (11.35%), Calcium: 102.57mg (10.26%), Iron: 1.55mg (8.64%), Phosphorus: 77.6mg (7.76%), Copper: 0.14mg (7.25%), Vitamin K: 7.38µg (7.03%), Magnesium: 27.82mg (6.95%), Vitamin B1: 0.08mg (5.04%), Selenium: 3.35µg (4.79%), Potassium: 156.41mg (4.47%), Vitamin B2: 0.07mg (4.33%), Zinc: 0.53mg (3.54%), Vitamin B6: 0.06mg (2.83%), Folate: 10.52µg (2.63%), Vitamin B3: 0.43mg (2.13%), Vitamin B5: 0.2mg (2.02%), Vitamin C: 0.98mg (1.19%), Vitamin B12: 0.06µg (1.02%), Vitamin A: 51.16IU (1.02%)