



Ginger-Rhubarb Parfaits



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

DESSERT

Ingredients

- ☐ 0.8 cup firmly brown sugar packed
- ☐ 2 tablespoons crystallized ginger chopped
- ☐ 2 cups vanilla nonfat yogurt frozen
- ☐ 0.3 cup orange juice
- ☐ 12 ounce bag rhubarb fresh frozen thawed chopped

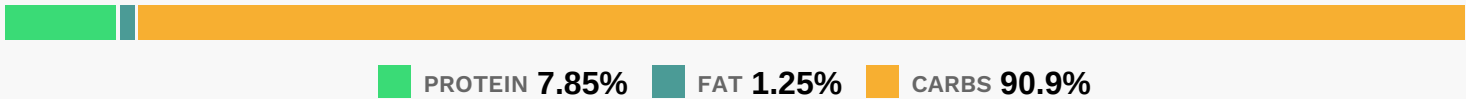
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Combine the first 4 ingredients in a medium saucepan, and stir well. Bring to a boil over medium-high heat; reduce heat, and simmer, uncovered, 4 minutes or until rhubarb is tender.
- ☐ Place rhubarb mixture in food processor, and process until smooth; chill.
- ☐ Layer with the frozen yogurt in parfait glasses.
- ☐ Garnish with mint and crystallized ginger, if desired.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:1.13, Inflammation Score:-3, Nutrition Score:8.9721740017767%

Flavonoids

Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epicatechin 3-gallate: 0.51mg, Epicatechin 3-gallate: 0.51mg, Epicatechin 3-gallate: 0.51mg, Epicatechin 3-gallate: 0.51mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 314.02kcal (15.7%), Fat: 0.45g (0.69%), Saturated Fat: 0.19g (1.22%), Carbohydrates: 73.15g (24.38%), Net Carbohydrates: 71.59g (26.03%), Sugar: 69.31g (77.01%), Cholesterol: 2.45mg (0.82%), Sodium: 86.91mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.63%), Calcium: 295.28mg (29.53%), Vitamin K: 26.28µg (25.03%), Vitamin C: 15.41mg (18.68%), Potassium: 568.45mg (16.24%), Phosphorus: 161.97mg (16.2%), Vitamin B2: 0.25mg (14.74%), Selenium: 8.8µg (12.57%), Manganese: 0.24mg (11.91%), Vitamin B12: 0.58µg (9.6%), Magnesium: 34mg (8.5%), Zinc: 1.01mg (6.74%), Fiber: 1.56g (6.25%), Folate: 22.04µg (5.51%), Vitamin B1: 0.08mg (5.33%), Vitamin B6: 0.09mg (4.63%), Iron: 0.6mg (3.32%), Copper: 0.06mg (2.88%), Vitamin A: 132.45IU (2.65%), Vitamin B3: 0.49mg (2.43%), Vitamin E: 0.31mg (2.06%), Vitamin B5: 0.16mg (1.56%)