



## Gingery Fruit Salad Parfait

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



439 kcal

DESSERT

### Ingredients

- 1 cup blackberries fresh
- 1 cup blueberries fresh
- 3 tablespoons crystallized ginger chopped
- 1 cup cereal your favorite
- 3 tablespoons honey
- 1 lemon zest juiced
- 4 cups greek yogurt low-fat divided
- 2 tablespoons orange juice

1 cup strawberries fresh

## Equipment

bowl

sauce pan

## Directions

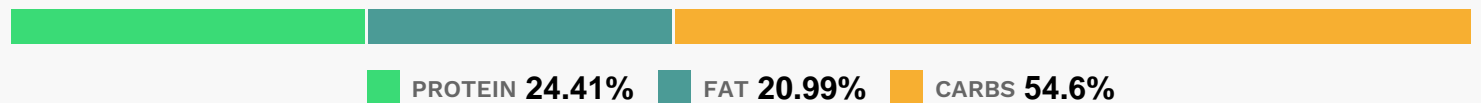
In a small saucepan over medium heat, add 1 cup water, the ginger, honey, orange juice, lemon zest and lemon juice. Bring to a boil, reduce the heat and simmer about 10 minutes.

Put the fruit into a large bowl and pour the ginger sauce over top. Toss gently to combine.

Place 1 cup Greek yogurt into 4 individual serving cups. Top with some granola and spoon over some of the fruit and sauce.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:52.32, Glycemic Load:10.21, Inflammation Score:-6, Nutrition Score:13.070434648058%

## Flavonoids

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4.55mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## **Nutrients (% of daily need)**

Calories: 438.79kcal (21.94%), Fat: 10.44g (16.07%), Saturated Fat: 3.41g (21.33%), Carbohydrates: 61.14g (20.38%), Net Carbohydrates: 55.83g (20.3%), Sugar: 41.86g (46.51%), Cholesterol: 13.11mg (4.37%), Sodium: 105.76mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.33g (54.67%), Manganese: 1.33mg (66.35%), Vitamin C: 38.61mg (46.8%), Calcium: 312.96mg (31.3%), Fiber: 5.31g (21.24%), Vitamin K: 16.41µg (15.63%), Vitamin E: 1.92mg (12.79%), Phosphorus: 112.93mg (11.29%), Magnesium: 43.33mg (10.83%), Iron: 1.9mg (10.53%), Copper: 0.2mg (9.85%), Vitamin B1: 0.13mg (8.84%), Folate: 33.29µg (8.32%), Potassium: 287.82mg (8.22%), Selenium: 5.75µg (8.21%), Zinc: 0.95mg (6.35%), Vitamin B2: 0.1mg (5.71%), Vitamin A: 250.17IU (5%), Vitamin B6: 0.09mg (4.67%), Vitamin B3: 0.88mg (4.37%), Vitamin B5: 0.4mg (3.96%)