



Granola Parfait Cups

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



128 kcal

Ingredients

- 6 servings poached berries fresh chopped
- 6.3 cup greek gods honey yogurt
- 6 corazonas oatmeal squares

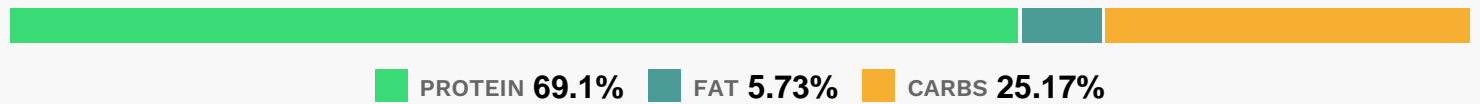
Equipment

- frying pan
- baking paper
- oven

Directions

- Preheat oven to 350F. Lightly grease six muffin/cupcake molds of a nonstick pan. If you are worried about getting the granola cups out in one piece, you can also line with parchment paper, but mine came out with just the greasing.
- Place one granola square inside the pan. Press on granola until it forms a cup shape, lining the inside of the muffin mold. If you need to, you should be able to remove granola from the edges to place in the center or anywhere else there may be holes.
- Bake for about 8 minutes, until squares start to darken, but careful not to burn them.
- Remove and let cool.
- After cups are cool, gently remove them. I used a very thin blade around the edges and that helped them come out. Fill with about 1/4 cup of yogurt each and then top with fresh fruit.

Nutrition Facts



Properties

Glycemic Index:10.08, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:8.2156522273207%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 128.3kcal (6.42%), Fat: 0.79g (1.22%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 7.78g (2.83%), Sugar: 6.9g (7.67%), Cholesterol: 10.42mg (3.47%), Sodium: 75.05mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.49g (42.98%), Vitamin B2: 0.59mg (34.47%), Selenium: 20.68µg (29.54%), Phosphorus: 284.21mg (28.42%), Vitamin B12: 1.46µg (24.31%), Calcium: 231.42mg (23.14%), Potassium: 294.99mg (8.43%), Zinc: 1.11mg (7.43%), Vitamin B5: 0.69mg (6.94%), Vitamin B6: 0.13mg (6.7%), Magnesium: 23.24mg (5.81%), Folate: 14.71µg (3.68%), Vitamin B1: 0.05mg (3.13%), Vitamin B3: 0.45mg (2.24%), Copper: 0.04mg (1.82%), Manganese: 0.03mg (1.3%)