



Greek Yogurt Fruit Parfait

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



475 kcal

DESSERT

Ingredients

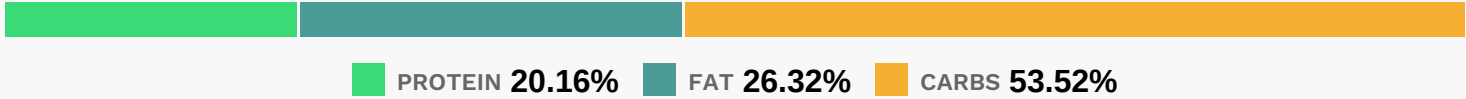
- ☐ 2 tablespoons walnuts and almonds toasted chopped
- ☐ 0.8 cup greek yogurt plain fat-free
- ☐ 1 tablespoon ground flaxseed
- ☐ 1 tablespoon maple syrup
- ☐ 2 cups plums mixed sliced
- ☐ 0.8 cup rice cereal

Equipment

Directions

☐ In a tall 4-cup container or jar, layer half of the yogurt, fruit, cereal, nuts, flaxseed, and syrup. Repeat with the remaining half of ingredients, ending with syrup. (If you prefer a crunchy parfait, pack cereal separately to add right before eating.) Refrigerate up to 5 hours.

Nutrition Facts



Properties

Glycemic Index:100, Glycemic Load:12.06, Inflammation Score:-8, Nutrition Score:23.326521873474%

Flavonoids

Cyanidin: 6.58mg, Cyanidin: 6.58mg, Cyanidin: 6.58mg, Cyanidin: 6.58mg Catechin: 8.78mg, Catechin: 8.78mg, Catechin: 8.78mg, Catechin: 8.78mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 7.38mg, Epicatechin: 7.38mg, Epicatechin: 7.38mg, Epicatechin: 7.38mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 474.94kcal (23.75%), Fat: 14.51g (22.32%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 66.39g (22.13%), Net Carbohydrates: 57.45g (20.89%), Sugar: 42.73g (47.48%), Cholesterol: 7.5mg (2.5%), Sodium: 95.02mg (4.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25g (50.01%), Vitamin B2: 0.81mg (47.63%), Vitamin E: 7.12mg (47.47%), Phosphorus: 436.23mg (43.62%), Manganese: 0.8mg (39.99%), Fiber: 8.94g (35.76%), Magnesium: 128.09mg (32.02%), Copper: 0.59mg (29.34%), Selenium: 19.27µg (27.54%), Vitamin B3: 5.1mg (25.48%), Vitamin B1: 0.37mg (24.89%), Calcium: 245.34mg (24.53%), Potassium: 806.75mg (23.05%), Vitamin A: 955.72IU (19.11%), Folate: 70.41µg (17.6%), Vitamin B12: 1.05µg (17.5%), Zinc: 2.48mg (16.53%), Vitamin C: 11.91mg (14.43%), Iron: 2.53mg (14.03%), Vitamin B6: 0.28mg (13.86%), Vitamin B5: 1.19mg (11.88%), Vitamin K: 10.76µg (10.25%)