



Greek Yogurt Parfait



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



426 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 28 clementine segments
- ☐ 0.3 cup dry-roasted pistachios unsalted shelled chopped
- ☐ 3 cups yogurt plain fat-free greek-style (such as Fage)
- ☐ 4 teaspoons honey
- ☐ 1 teaspoon vanilla extract

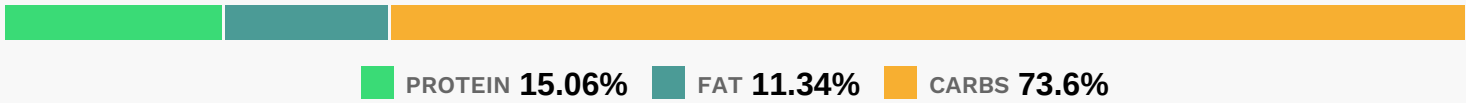
Equipment

- ☐ bowl

Directions

- ☐ Combine yogurt and vanilla in a bowl. Spoon 1/3 cup yogurt mixture into each of 4 small parfait glasses; top each with 1/2 teaspoon honey, 5 clementine sections, and 1/2 tablespoon nuts.
- ☐ Top parfaits with the remaining yogurt mixture (about 1/3 cup each); top each with 1/2 teaspoon honey, 2 clementine segments, and 1/2 tablespoon nuts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.57, Glycemic Load:40.43, Inflammation Score:-8, Nutrition Score:25.155652329974%

Nutrients (% of daily need)

Calories: 425.55kcal (21.28%), Fat: 5.77g (8.87%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 84.27g (28.09%), Net Carbohydrates: 74.66g (27.15%), Sugar: 68g (75.55%), Cholesterol: 3.67mg (1.23%), Sodium: 185.48mg (8.06%), Alcohol: 0.34g (100%), Alcohol %: 0.06% (100%), Protein: 17.24g (34.48%), Vitamin C: 254.47mg (308.45%), Calcium: 527.03mg (52.7%), Phosphorus: 431.64mg (43.16%), Potassium: 1449.98mg (41.43%), Folate: 155.6µg (38.9%), Fiber: 9.61g (38.43%), Vitamin B1: 0.55mg (36.54%), Vitamin B2: 0.61mg (35.73%), Vitamin B6: 0.53mg (26.58%), Magnesium: 103.66mg (25.92%), Vitamin B3: 4.89mg (24.43%), Vitamin B5: 2.1mg (20.96%), Vitamin B12: 1.12µg (18.68%), Manganese: 0.33mg (16.58%), Zinc: 2.37mg (15.8%), Copper: 0.29mg (14.68%), Selenium: 8.06µg (11.52%), Vitamin E: 1.5mg (9.99%), Iron: 1.07mg (5.94%)