



Greek Yogurt Parfaits

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



76 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups poached berries fresh sliced (such as blackberries, blueberries, or strawberries)
- 0.3 teaspoon kosher salt
- 0.3 cup orange blossom honey
- 4 cups yogurt plain 2% greek-style
- 12 cups water divided
- 1 cup grano uncooked
- 1 cup grano uncooked

Equipment

sauce pan

Directions

Soak grano in 6 cups water overnight.

Drain.

Place in a medium saucepan with remaining 6 cups water over medium-high heat; bring to a boil. Reduce heat, and simmer 20 minutes or until grano is just tender.

Drain well. Stir in honey and salt. Cool to room temperature.

Spoon 1/4 cup yogurt into each of 8 parfait glasses. Top yogurt with 3 tablespoons grano and 2 tablespoons berries. Repeat layers with the remaining ingredients.

Nutrition Facts

 **PROTEIN 56.46%** **FAT 6.43%** **CARBS 37.11%**

Properties

Glycemic Index:3.13, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:6.5886956816134%

Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 76.48kcal (3.82%), Fat: 0.55g (0.84%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 5.19g (1.89%), Sugar: 5.03g (5.59%), Cholesterol: 5mg (1.67%), Sodium: 126.78mg (5.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.8g (21.6%), Vitamin B2: 0.29mg (17.08%), Phosphorus: 143.92mg (14.39%), Selenium: 10.04µg (14.35%), Calcium: 132.13mg (13.21%), Manganese: 0.24mg (12.09%), Vitamin B12: 0.7µg (11.67%), Vitamin C: 7.56mg (9.16%), Fiber: 1.91g (7.63%), Vitamin K: 7.13µg (6.79%), Copper: 0.13mg (6.66%), Potassium: 199.34mg (5.7%), Magnesium: 21.75mg (5.44%), Zinc: 0.76mg (5.04%), Vitamin B5: 0.43mg (4.3%), Folate: 16µg (4%), Vitamin B6: 0.07mg (3.74%), Vitamin E: 0.43mg (2.87%), Vitamin B3: 0.44mg (2.22%), Vitamin B1:

0.03mg (1.95%), Iron: 0.29mg (1.63%), Vitamin A: 81.04IU (1.62%)