



Greek Yogurt Parfaits

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



94 kcal

SIDE DISH

Ingredients

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

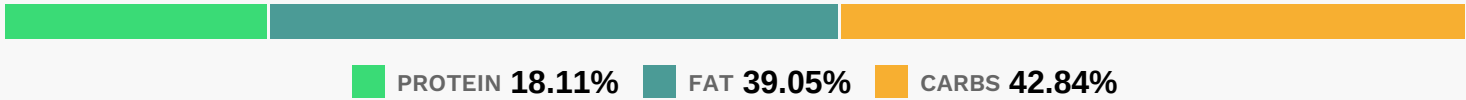
Equipment

- ☐ 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



Properties

Glycemic Index:2.38, Glycemic Load:1.08, Inflammation Score:0, Nutrition Score:4.7186957001686%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 94.49kcal (4.72%), Fat: 4.23g (6.51%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 9.39g (3.41%), Sugar: 8.98g (9.98%), Cholesterol: 15.93mg (5.31%), Sodium: 147.15mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.83%), Calcium: 162.02mg (16.2%), Phosphorus: 120.64mg (12.06%), Vitamin B2: 0.19mg (11.08%), Vitamin B12: 0.45µg (7.55%), Vitamin K: 6.6µg (6.29%), Potassium: 210.82mg (6.02%), Vitamin B5: 0.52mg (5.25%), Zinc: 0.79mg (5.24%), Magnesium: 20.19mg (5.05%), Fiber: 1.05g (4.18%), Copper: 0.08mg (4.03%), Selenium: 2.73µg (3.91%), Vitamin B1: 0.05mg (3.2%), Manganese: 0.06mg (3.1%), Vitamin B6: 0.06mg (3.1%), Folate: 11.29µg (2.82%), Vitamin A: 139.1IU (2.78%), Vitamin C: 1.58mg (1.92%), Vitamin E: 0.26mg (1.73%), Vitamin B3: 0.29mg (1.47%)