



Healthy Six Layer Breakfast Trifle

 Popular

READY IN



15 min.

SERVINGS



8

CALORIES



463 kcal

Ingredients

- ☐ 2 cups rice cereal crispy organic
- ☐ 3 cups dairy-free vanilla yogurt
- ☐ 3 cups dairy-free peach yogurt
- ☐ 2 cups natural granola gluten-free (, if desired)
- ☐ 2 cups coconut or shredded unsweetened
- ☐ 4 cups watermelon diced

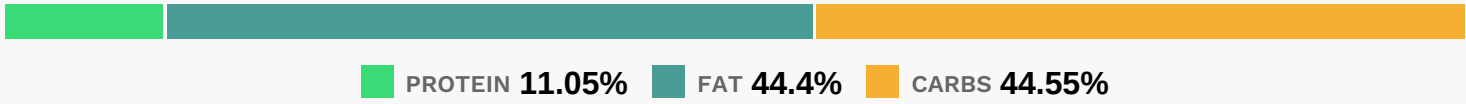
Equipment

- ☐ glass casserole dish

Directions

- ☐ Spread the vanilla yogurt over bottom of a deep glass casserole or trifle dish.
- ☐ Layer the remaining ingredients evenly, starting with the granola and ending with the shredded coconut.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:4.96, Inflammation Score:-8, Nutrition Score:24.338260609171%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg

Nutrients (% of daily need)

Calories: 463.27kcal (23.16%), Fat: 23.67g (36.41%), Saturated Fat: 14.95g (93.42%), Carbohydrates: 53.41g (17.8%), Net Carbohydrates: 47.35g (17.22%), Sugar: 28.26g (31.4%), Cholesterol: 4.59mg (1.53%), Sodium: 161.21mg (7.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.26g (26.51%), Manganese: 1.58mg (78.96%), Vitamin E: 5.43mg (36.17%), Vitamin B12: 1.97µg (32.84%), Vitamin B2: 0.55mg (32.07%), Calcium: 318.95mg (31.9%), Phosphorus: 278.71mg (27.87%), Vitamin B6: 0.55mg (27.63%), Iron: 4.91mg (27.26%), Vitamin A: 1285.39IU (25.71%), Selenium: 17.79µg (25.42%), Fiber: 6.06g (24.25%), Vitamin B3: 4.84mg (24.18%), Folate: 95.87µg (23.97%), Vitamin B1: 0.35mg (23.4%), Copper: 0.44mg (21.96%), Vitamin C: 18.07mg (21.91%), Potassium: 664.45mg (18.98%), Magnesium: 72.87mg (18.22%), Zinc: 2.23mg (14.84%), Vitamin B5: 1.08mg (10.77%), Vitamin D: 1.5µg (9.97%), Vitamin K: 1.58µg (1.5%)