



Layered Waffle-Fruit Cup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

Ingredients

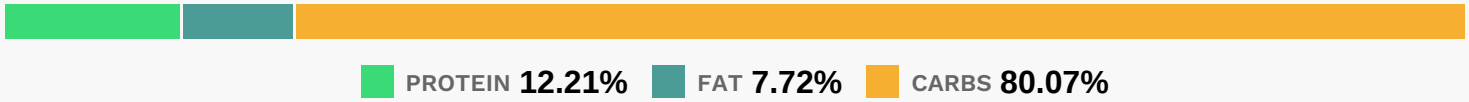
- ☐ 0.5 cup pineapple canned crushed drained
- ☐ 4 waffles frozen reduced-fat
- ☐ 1 cup vanilla nonfat yogurt frozen
- ☐ 1 cup strawberries chopped

Equipment

Directions

- ☐
- Toast 4 waffles, and tear into small pieces.
- ☐
- Combine 1 cup chopped strawberries, 1/2 cup canned crushed pineapple, drained, and 1 cup frozen yogurt.
- ☐
- Divide half of waffle pieces among 4 parfait glasses. Spoon 1/3 cup yogurt mixture over waffle pieces in each glass. Repeat procedure with remaining half of waffle pieces and yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:9.6726086573756%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 167.6kcal (8.38%), Fat: 1.49g (2.29%), Saturated Fat: 0.4g (2.47%), Carbohydrates: 34.72g (11.57%), Net Carbohydrates: 33.16g (12.06%), Sugar: 19.19g (21.32%), Cholesterol: 9.27mg (3.09%), Sodium: 173.73mg (7.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Vitamin C: 24.38mg (29.55%), Calcium: 235.89mg (23.59%), Phosphorus: 183.7mg (18.37%), Vitamin B2: 0.3mg (17.4%), Vitamin B12: 0.88µg (14.71%), Vitamin B1: 0.21mg (14.25%), Iron: 2.51mg (13.96%), Vitamin B6: 0.26mg (13.16%), Folate: 47.83µg (11.96%), Vitamin B3: 2.28mg (11.4%), Vitamin A: 526.61IU (10.53%), Manganese: 0.16mg (8.02%), Potassium: 241.38mg (6.9%), Fiber: 1.56g (6.24%), Magnesium: 24.25mg (6.06%), Selenium: 3.94µg (5.62%), Zinc: 0.71mg (4.72%), Copper: 0.06mg (2.78%), Vitamin K: 1.67µg (1.59%)