



## Mixed-Berry Butter Crunch Parfaits

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



491 kcal

DESSERT

### Ingredients

- 1 cup flour all-purpose
- 0.5 cup brown sugar packed
- 0.3 cup pecans coarsely chopped
- 0.5 cup butter cold
- 1.5 cups corn flakes/bran flakes
- 0.3 cup coconut flakes flaked
- 36 oz raspberries red yoplait®
- 1.5 cups blackberries

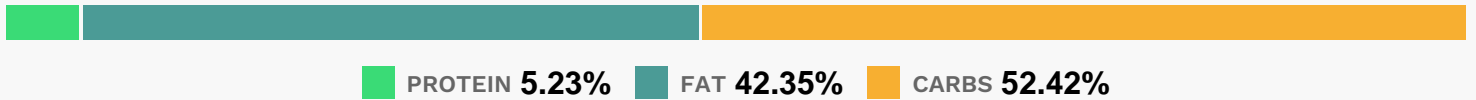
## Equipment

- bowl
- frying pan
- oven
- blender

## Directions

- Heat oven to 400°F. In large bowl, mix flour, brown sugar and pecans.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture is crumbly. Stir in cereal and coconut.
- Spread in ungreased 13x9-inch pan.
- Bake 15 minutes, stirring once.
- Remove from oven; stir and cool 10 to 15 minutes.
- In each of 6 parfait glasses, layer 1 to 2 tablespoons cereal mixture, 1/2 container of yogurt and 2 tablespoons berries; repeat layers. Top each with 1 tablespoon cereal mixture. If desired, garnish with additional berries. Store remaining cereal mixture in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:34.71, Glycemic Load:18.8, Inflammation Score:-9, Nutrition Score:25.019130343976%

## Flavonoids

Cyanidin: 114.49mg, Cyanidin: 114.49mg, Cyanidin: 114.49mg, Cyanidin: 114.49mg Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg Delphinidin: 2.69mg, Delphinidin: 2.69mg, Delphinidin: 2.69mg, Delphinidin: 2.69mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 1.83mg, Pelargonidin: 1.83mg, Pelargonidin: 1.83mg, Pelargonidin: 1.83mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 16.01mg, Catechin: 16.01mg, Catechin: 16.01mg, Catechin: 16.01mg Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg Epicatechin: 7.71mg, Epicatechin: 7.71mg, Epicatechin: 7.71mg, Epicatechin: 7.71mg Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg Kaempferol:

0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

## Nutrients (% of daily need)

Calories: 491.25kcal (24.56%), Fat: 24.33g (37.43%), Saturated Fat: 6.34g (39.66%), Carbohydrates: 67.76g (22.59%), Net Carbohydrates: 51.06g (18.57%), Sugar: 29.56g (32.85%), Cholesterol: 0mg (0%), Sodium: 241.74mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.51%), Manganese: 2.29mg (114.25%), Fiber: 16.71g (66.83%), Vitamin C: 52.3mg (63.39%), Folate: 151.68µg (37.92%), Iron: 5.6mg (31.13%), Vitamin B1: 0.4mg (26.66%), Magnesium: 85.9mg (21.47%), Vitamin B3: 4.27mg (21.37%), Vitamin A: 1063.21IU (21.26%), Copper: 0.41mg (20.57%), Selenium: 14.12µg (20.17%), Vitamin K: 20.82µg (19.83%), Vitamin B2: 0.34mg (19.79%), Vitamin E: 2.68mg (17.88%), Vitamin B6: 0.32mg (15.98%), Phosphorus: 156.23mg (15.62%), Potassium: 473.56mg (13.53%), Zinc: 1.93mg (12.84%), Vitamin B5: 0.97mg (9.67%), Calcium: 86.85mg (8.68%), Vitamin B12: 0.52µg (8.65%), Vitamin D: 0.33µg (2.2%)