



Mixed-Berry Butter Crunch Parfaits

READY IN



50 min.

SERVINGS



6

CALORIES



507 kcal

DESSERT

Ingredients

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

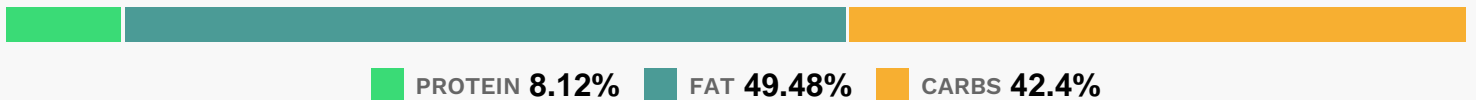
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 400F. 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:33.54, Glycemic Load:17.92, Inflammation Score:-8, Nutrition Score:19.318260918493%

Flavonoids

Cyanidin: 36.63mg, Cyanidin: 36.63mg, Cyanidin: 36.63mg, Cyanidin: 36.63mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg 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: 13.78mg, Catechin: 13.78mg, Catechin: 13.78mg, Catechin: 13.78mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg 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: 506.56kcal (25.33%), Fat: 28.75g (44.24%), Saturated Fat: 9.88g (61.74%), Carbohydrates: 55.45g (18.48%), Net Carbohydrates: 49.8g (18.11%), Sugar: 29.97g (33.3%), Cholesterol: 22.11mg (7.37%), Sodium: 318.29mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.62g (21.23%), Manganese: 1.15mg (57.61%), Folate: 127.86µg (31.97%), Vitamin B2: 0.51mg (30.2%), Phosphorus: 268.5mg (26.85%), Vitamin B1: 0.39mg (26.32%), Iron: 4.52mg (25.08%), Selenium: 17.52µg (25.03%), Calcium: 250.14mg (25.01%), Vitamin A: 1175.48IU (23.51%), Fiber: 5.65g (22.61%), Vitamin B12: 1.15µg (19.14%), Magnesium: 68.89mg (17.22%), Vitamin B3: 3.38mg (16.92%), Zinc: 2.21mg (14.77%), Vitamin B6: 0.28mg (14.03%), Potassium: 480.36mg (13.72%), Copper: 0.27mg (13.68%), Vitamin B5: 1.07mg (10.69%), Vitamin C: 8.59mg (10.41%), Vitamin E: 1.3mg (8.7%), Vitamin K: 7.9µg (7.52%), Vitamin D: 0.5µg (3.33%)