



## Mixed-Berry Cream Parfaits

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



167 kcal

### Ingredients

- 0.8 cup blueberries fresh
- 0.8 cup blackberries fresh
- 0.8 cup raspberries fresh
- 2 cups strawberry yogurt fat free 99% yoplait® (from 2-lb container)
- 2 crunchy peanut butter (1 pouch from 8.9-oz box)

### Equipment

### Directions

- Divide berries among 4 parfait glasses or dessert dishes; top each with 1/2 cup yogurt.
- While granola bars are still in the pouch, break into coarse pieces with hands.
- Sprinkle granola pieces over fruit and yogurt.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:22.75, Glycemic Load:1.95, Inflammation Score:-3, Nutrition Score:6.86173919232%

### Flavonoids

Cyanidin: 39.63mg, Cyanidin: 39.63mg, Cyanidin: 39.63mg, Cyanidin: 39.63mg Petunidin: 8.82mg, Petunidin: 8.82mg, Petunidin: 8.82mg, Petunidin: 8.82mg Delphinidin: 10.13mg, Delphinidin: 10.13mg, Delphinidin: 10.13mg, Delphinidin: 10.13mg Malvidin: 18.79mg, Malvidin: 18.79mg, Malvidin: 18.79mg, Malvidin: 18.79mg Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg Peonidin: 5.71mg, Peonidin: 5.71mg, Peonidin: 5.71mg, Peonidin: 5.71mg Catechin: 11.77mg, Catechin: 11.77mg, Catechin: 11.77mg, Catechin: 11.77mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 2.22mg, Epicatechin: 2.22mg, Epicatechin: 2.22mg, Epicatechin: 2.22mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

### Nutrients (% of daily need)

Calories: 167.02kcal (8.35%), Fat: 1.72g (2.65%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 29.81g (10.84%), Sugar: 26.19g (29.1%), Cholesterol: 11.02mg (3.67%), Sodium: 70.58mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.25%), Manganese: 0.43mg (21.37%), Vitamin C: 14.26mg (17.28%), Fiber: 3.97g (15.87%), Calcium: 147.65mg (14.76%), Vitamin B2: 0.25mg (14.59%), Vitamin K: 12.46µg (11.87%), Phosphorus: 112.94mg (11.29%), Vitamin B12: 0.64µg (10.62%), Potassium: 319.63mg (9.13%), Vitamin E: 0.7mg (4.68%), Copper: 0.08mg (4.18%), Folate: 13.6µg (3.4%), Magnesium: 12.81mg (3.2%), Iron: 0.57mg (3.16%), Vitamin B3: 0.49mg (2.47%), Vitamin A: 118.17IU (2.36%), Zinc: 0.3mg (1.97%), Vitamin B5: 0.19mg (1.89%), Vitamin B6: 0.04mg (1.85%), Vitamin B1: 0.02mg (1.56%)