



Orange-Berry Cream Parfait

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



281 kcal

DESSERT

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 1 cup cereal
- ☐ 2 tablespoons honey
- ☐ 7 oz greek yogurt 2% low-fat
- ☐ 0.5 teaspoon orange zest
- ☐ 3 medium oranges
- ☐ 0.5 teaspoon vanilla extract

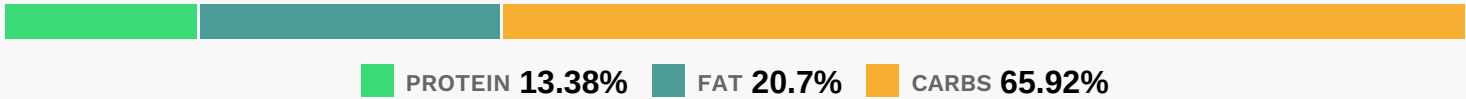
Equipment

☐ bowl

Directions

- ☐ Peel and section oranges. Stir together yogurt, honey, orange zest, and vanilla extract in a small bowl.
- ☐ Layer 3 orange sections, 2 Tbsp. fresh blueberries, 1 rounded tablespoonful yogurt mixture, and 2 Tbsp. granola in each of 4 parfait glasses; repeat layers once.

Nutrition Facts



Properties

Glycemic Index:33.69, Glycemic Load:10.23, Inflammation Score:-6, Nutrition Score:12.111304423083%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Hesperetin: 26.77mg, Hesperetin: 26.77mg, Hesperetin: 26.77mg, Hesperetin: 26.77mg Naringenin: 15.05mg, Naringenin: 15.05mg, Naringenin: 15.05mg, Naringenin: 15.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

Nutrients (% of daily need)

Calories: 281.01kcal (14.05%), Fat: 6.73g (10.35%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 48.22g (16.07%), Net Carbohydrates: 43.34g (15.76%), Sugar: 29.77g (33.08%), Cholesterol: 2.88mg (0.96%), Sodium: 31.25mg (1.36%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 9.78g (19.57%), Vitamin C: 56.28mg (68.22%), Manganese: 0.98mg (48.79%), Fiber: 4.88g (19.52%), Vitamin B1: 0.19mg (12.94%), Calcium: 126.88mg (12.69%), Phosphorus: 108.37mg (10.84%), Folate: 42.35µg (10.59%), Vitamin E: 1.56mg (10.42%), Magnesium: 40.13mg (10.03%), Potassium: 331.39mg (9.47%), Iron: 1.58mg (8.75%), Selenium: 5.89µg (8.42%), Vitamin K: 8.48µg (8.08%), Copper: 0.16mg (7.91%), Vitamin B2: 0.11mg (6.71%), Vitamin B6: 0.12mg (5.89%), Vitamin A: 270.87IU (5.42%), Zinc: 0.76mg (5.08%), Vitamin B5: 0.47mg (4.74%), Vitamin B3: 0.74mg (3.69%)