



## Orange Yogurt Parfaits with Shredded Wheat Crisps



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.3 cup heavy cream chilled
- ☐ 0.3 cup honey
- ☐ 3 cups yogurt plain low-fat
- ☐ 0.3 cup strained orange juice fresh
- ☐ 3 inch orange zest
- ☐ 2 teaspoons sugar
- ☐ 1.5 tablespoons butter unsalted melted

☐ 0.5 cup water

## Equipment

☐ bowl

☐ baking sheet

☐ sauce pan

☐ oven

☐ whisk

☐ sieve

☐ hand mixer

## Directions

☐ Drain yogurt in a paper-towel-lined large sieve set over a bowl, covered and chilled, 24 hours. Discard any liquid in bowl.

☐ Preheat oven to 350°F.

☐ Toss shredded wheat with butter and sugar in a bowl, then spread evenly on a baking sheet and bake in middle of oven until deep golden, about 12 minutes. Cool completely.

☐ Simmer water, honey, zest, and orange juice in a small saucepan, uncovered, until reduced to about 1/2 cup, 8 to 10 minutes.

☐ Remove from heat and let steep, covered, 10 minutes. Cool syrup, then pour through a sieve into a small bowl, reserving zest.


☐ Finely chop half of zest and stir into yogurt in a bowl along with 4 tablespoons syrup. Thinly slice remaining zest for garnish.

☐ Beat cream in a small deep bowl with a whisk or an electric mixer until it just holds stiff peaks, then fold into yogurt. Divide yogurt among 6 small dessert dishes, then drizzle remaining syrup over it and top with wheat crisps and sliced zest.

☐ · Wheat crisps and syrup can be made 1 day ahead. Keep wheat crisps in an airtight container at room temperature and chill syrup, covered. · Yogurt mixture can be made 3 hours ahead (without syrup topping and wheat crisps) and chilled, covered.

## Nutrition Facts



 PROTEIN **13.46%**  FAT **41.44%**  CARBS **45.1%**

Properties

Glycemic Index:29.06, Glycemic Load:7.55, Inflammation Score:-3, Nutrition Score:6.492608692335%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 201.18kcal (10.06%), Fat: 9.54g (14.67%), Saturated Fat: 6.07g (37.92%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 23.18g (8.43%), Sugar: 22.81g (25.34%), Cholesterol: 29.82mg (9.94%), Sodium: 91.41mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.94%), Calcium: 238.38mg (23.84%), Phosphorus: 187.5mg (18.75%), Vitamin B2: 0.3mg (17.53%), Vitamin B12: 0.71µg (11.89%), Vitamin C: 8.02mg (9.73%), Potassium: 330.78mg (9.45%), Vitamin B5: 0.8mg (7.97%), Zinc: 1.17mg (7.78%), Vitamin A: 370.31IU (7.41%), Selenium: 4.62µg (6.6%), Magnesium: 23.72mg (5.93%), Vitamin B1: 0.07mg (4.5%), Folate: 17.87µg (4.47%), Vitamin B6: 0.07mg (3.73%), Vitamin D: 0.26µg (1.76%), Vitamin E: 0.25mg (1.65%), Copper: 0.03mg (1.6%), Iron: 0.2mg (1.13%), Vitamin B3: 0.22mg (1.1%)