



## Persimmon-Raspberry Yogurt Parfait

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 2 cups vanilla yogurt low-fat
- ☐ 10 ounces persimmons ripe
- ☐ 1 cup granola without raisins low-fat
- ☐ 1 cup raspberries fresh thawed

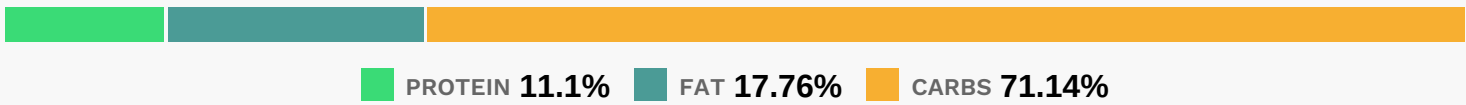
### Equipment

- ☐ bowl
- ☐ knife

# Directions

- ☐ Cut each persimmon into 4 wedges; peel wedges, using fingers or a small paring knife.
- ☐ Cut each wedge into 4 wedges; set aside.
- ☐ Combine brown sugar and yogurt in a small bowl; stir until well-blended. Spoon 1/4 cup of the yogurt mixture into each of 4 (8-ounce) dessert glasses; top with 4 persimmon wedges, 2 tablespoons raspberries, and 2 tablespoons granola. Repeat the layers, ending with granola.
- ☐ Serve the parfaits immediately.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:12.29, Inflammation Score:-5, Nutrition Score:15.368695279826%

## Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 363.57kcal (18.18%), Fat: 7.51g (11.55%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 67.66g (22.55%), Net Carbohydrates: 64.12g (23.32%), Sugar: 27.37g (30.41%), Cholesterol: 6.13mg (2.04%), Sodium: 92.76mg (4.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.12%), Vitamin C: 55.65mg (67.45%), Manganese: 1.03mg (51.26%), Phosphorus: 282.29mg (28.23%), Calcium: 264.83mg (26.48%), Iron: 3.41mg (18.96%), Potassium: 655.61mg (18.73%), Vitamin B2: 0.31mg (18.38%), Selenium: 11.38µg (16.25%), Fiber: 3.54g (14.14%), Magnesium: 54.22mg (13.56%), Zinc: 1.75mg (11.69%), Vitamin B12: 0.67µg (11.18%), Vitamin B1: 0.16mg (10.37%), Vitamin E: 1.46mg (9.73%), Vitamin B5: 0.95mg (9.53%), Folate: 30.17µg (7.54%), Copper: 0.13mg (6.64%), Vitamin B6: 0.11mg (5.47%), Vitamin K: 3.8µg (3.62%), Vitamin B3: 0.6mg (3.02%), Vitamin A: 62.58IU (1.25%)