



Pineapple Parfaits

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



299 kcal

DESSERT

Ingredients

- 2 tablespoons brown sugar light
- 4 cups greek yogurt low-fat
- 1 tablespoon olive oil
- 1.5 cups pineapple fresh diced
- 4 tablespoons pistachios salted chopped
- 0.3 teaspoon vanilla extract

Equipment

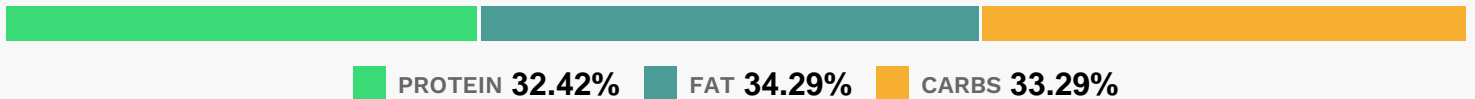
- bowl

frying pan

Directions

- Saut pineapple and brown sugar in hot olive oil in a skillet over medium-high heat 2 to 3 minutes or until lightly browned.
- Remove from heat; stir in vanilla. Spoon 1 cup yogurt into each of 4 bowls, and top with one-fourth of pineapple mixture and 1 Tbsp. pistachios.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:4.48, Inflammation Score:-3, Nutrition Score:7.3778262630753%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 299.31kcal (14.97%), Fat: 11.5g (17.69%), Saturated Fat: 3.62g (22.61%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 23.49g (8.54%), Sugar: 21.56g (23.96%), Cholesterol: 13.11mg (4.37%), Sodium: 95.13mg (4.14%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 24.46g (48.92%), Vitamin C: 30mg (36.36%), Manganese: 0.67mg (33.4%), Calcium: 285.38mg (28.54%), Vitamin B6: 0.2mg (9.97%), Copper: 0.17mg (8.43%), Vitamin B1: 0.11mg (7.61%), Fiber: 1.64g (6.55%), Vitamin E: 0.69mg (4.59%), Potassium: 152.7mg (4.36%), Magnesium: 17.07mg (4.27%), Phosphorus: 41.96mg (4.2%), Vitamin A: 198.09IU (3.96%), Folate: 15.02µg (3.76%), Iron: 0.54mg (2.98%), Vitamin K: 2.54µg (2.42%), Vitamin B3: 0.41mg (2.07%), Vitamin B2: 0.03mg (1.88%), Vitamin B5: 0.18mg (1.79%), Zinc: 0.24mg (1.61%)