



Plum Pudding Parfaits

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



278 kcal

Ingredients

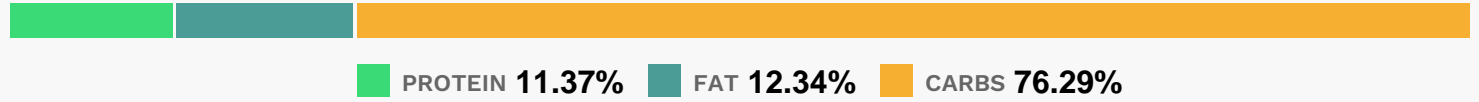
- 1.3 cups skim milk fat-free (skim)
- 0.5 cup cereal low-fat
- 1 box vanilla pudding fat-free sugar-free instant (4-serving size)
- 2 cups plums pitted chopped
- 1 cup vanilla yogurt plain fat free 99% yoplait® (from 2-lb container)

Equipment

Directions

- Make pudding mix as directed on box except use 1 1/4 cups fat-free (skim) milk. Fold in yogurt.
- Place about 1/4 cup pudding mixture in bottom of each of 4 parfait glasses.
- Layer each with 1 tablespoon of the granola and about 1/4 cup of the plums; repeat layers. Top with remaining pudding mixture. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:17.98, Glycemic Load:4.43, Inflammation Score:-5, Nutrition Score:9.7313043760217%

Flavonoids

Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 278.22kcal (13.91%), Fat: 3.9g (6%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 54.29g (18.1%), Net Carbohydrates: 52.2g (18.98%), Sugar: 42.66g (47.4%), Cholesterol: 5.36mg (1.79%), Sodium: 229.25mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.18%), Manganese: 0.46mg (22.91%), Calcium: 225.07mg (22.51%), Phosphorus: 223.12mg (22.31%), Vitamin B2: 0.28mg (16.2%), Potassium: 455.49mg (13.01%), Vitamin B12: 0.78µg (12.99%), Selenium: 7.39µg (10.55%), Vitamin C: 8.34mg (10.11%), Magnesium: 38.64mg (9.66%), Vitamin A: 467.15IU (9.34%), Vitamin B1: 0.14mg (9.26%), Fiber: 2.09g (8.37%), Zinc: 1.25mg (8.3%), Vitamin B5: 0.81mg (8.1%), Vitamin K: 6.01µg (5.73%), Vitamin B6: 0.11mg (5.71%), Vitamin D: 0.84µg (5.61%), Vitamin E: 0.81mg (5.43%), Copper: 0.11mg (5.29%), Iron: 0.87mg (4.81%), Folate: 17.58µg (4.39%), Vitamin B3: 0.64mg (3.23%)