



Power Granola Parfaits

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



412 kcal

DESSERT

Ingredients

- ☐ 1 cup blueberries
- ☐ 3 cups power granola
- ☐ 3 cups yogurt plain low-fat
- ☐ 2 tablespoons maple syrup
- ☐ 1 cup raspberries
- ☐ 1 cup strawberries halved

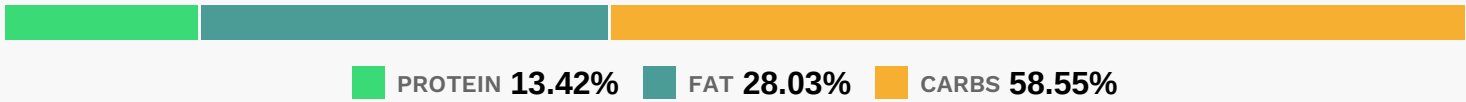
Equipment

- ☐ bowl

Directions

- ☐ Place first 3 ingredients in a medium bowl; toss gently to combine. Spoon 1/2 cup berry mixture into each of 6 (8-ounce) parfait glasses; top each serving with 1/2 cup yogurt and 1/2 cup Power Granola.
- ☐ Drizzle each serving with 1 teaspoon maple syrup.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:3.66, Inflammation Score:-6, Nutrition Score:19.443912962209%

Flavonoids

Cyanidin: 11.64mg, Cyanidin: 11.64mg, Cyanidin: 11.64mg, Cyanidin: 11.64mg Petunidin: 7.87mg, Petunidin: 7.87mg, Petunidin: 7.87mg, Petunidin: 7.87mg Delphinidin: 9.08mg, Delphinidin: 9.08mg, Delphinidin: 9.08mg, Delphinidin: 9.08mg Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg Pelargonidin: 6.16mg, Pelargonidin: 6.16mg, Pelargonidin: 6.16mg, Pelargonidin: 6.16mg Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 412.18kcal (20.61%), Fat: 13.17g (20.27%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 61.91g (20.64%), Net Carbohydrates: 56.36g (20.5%), Sugar: 29.59g (32.88%), Cholesterol: 7.35mg (2.45%), Sodium: 107.17mg (4.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.19g (28.39%), Manganese: 2.1mg (105.13%), Phosphorus: 370.26mg (37.03%), Calcium: 294.22mg (29.42%), Vitamin B2: 0.48mg (28.21%), Vitamin C: 22.79mg (27.62%), Fiber: 5.54g (22.18%), Magnesium: 86.74mg (21.68%), Selenium: 14.76µg (21.08%), Vitamin E: 2.77mg (18.46%), Vitamin B1: 0.27mg (17.91%), Potassium: 624.24mg (17.84%), Iron: 3.06mg (17.02%), Zinc: 2.51mg (16.76%), Vitamin B12: 0.73µg (12.15%), Vitamin B5: 1.2mg (11.98%), Copper: 0.24mg (11.82%), Folate: 45.65µg (11.41%), Vitamin K: 9.78µg (9.31%), Vitamin B6: 0.17mg (8.42%), Vitamin B3: 1.04mg (5.2%), Vitamin A: 85.28IU (1.71%)