



## Praline Peach Parfaits

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



233 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup pecans chopped
- ☐ 1.5 cups corn flakes/bran flakes
- ☐ 1 cup peaches fat free 99% yoplait® (from 2-lb container)
- ☐ 2.3 cups peaches cubed peeled ( 2 large)

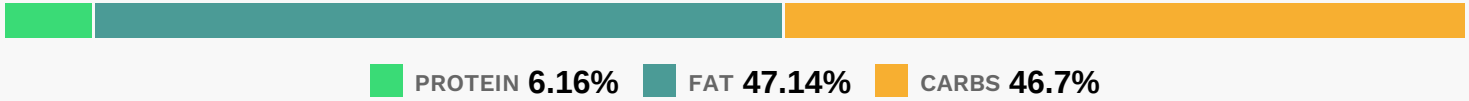
### Equipment

- ☐ frying pan

# Directions

- ☐ In 10-inch nonstick skillet, melt butter over low heat. Stir in sugar.
- ☐ Add pecans; cook 3 to 4 minutes, stirring frequently, until golden brown and sugar is dissolved.
- ☐ Remove from heat. Stir in cereal.
- ☐ Into each of 4 parfait glasses, spoon 1/4 cup cereal mixture, 2 tablespoons yogurt, 1/3 cup peaches, 1/4 cup cereal mixture, 2 tablespoons yogurt and remaining cereal mixture. Top with remaining peaches.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:58.21, Glycemic Load:13.23, Inflammation Score:-8, Nutrition Score:15.303043614263%

## Flavonoids

Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 7.14mg, Catechin: 7.14mg, Catechin: 7.14mg, Catechin: 7.14mg Epigallocatechin: 2.07mg, Epigallocatechin: 2.07mg, Epigallocatechin: 2.07mg, Epigallocatechin: 2.07mg Epicatechin: 3.04mg, Epicatechin: 3.04mg, Epicatechin: 3.04mg, Epicatechin: 3.04mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 232.62kcal (11.63%), Fat: 13.29g (20.45%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 23.7g (8.62%), Sugar: 16.82g (18.69%), Cholesterol: 0mg (0%), Sodium: 130.3mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.81%), Manganese: 1.22mg (61.24%), Folate: 110.59µg (27.65%), Iron: 4.97mg (27.62%), Fiber: 5.93g (23.72%), Vitamin B1: 0.32mg (21.02%), Vitamin B3: 3.67mg (18.37%), Vitamin A: 915.73IU (18.31%), Copper: 0.34mg (16.82%), Vitamin B2: 0.27mg (15.79%), Selenium: 11.04µg (15.77%), Vitamin B6: 0.32mg (15.76%), Magnesium: 60.95mg (15.24%), Phosphorus: 133.42mg (13.34%), Vitamin B12: 0.75µg (12.56%), Zinc: 1.66mg (11.04%), Vitamin E: 1.33mg (8.85%), Potassium: 289.99mg (8.29%), Vitamin C: 5.29mg (6.41%), Vitamin B5: 0.44mg (4.42%), Vitamin K: 4.44µg (4.23%), Vitamin D: 0.5µg (3.3%), Calcium: 22.22mg (2.22%)