



 **100%**
HEALTH SCORE

Raspberry-Almond Morning Parfait

 Vegetarian  Very Healthy

READY IN



5 min.

SERVINGS



4

CALORIES



256 kcal

Ingredients

- 0.5 cup planters almonds sliced
- 24 oz raspberry nonfat yogurt
- 2 cups raspberries fresh
- 2 cups wheat and bran cereal shredded

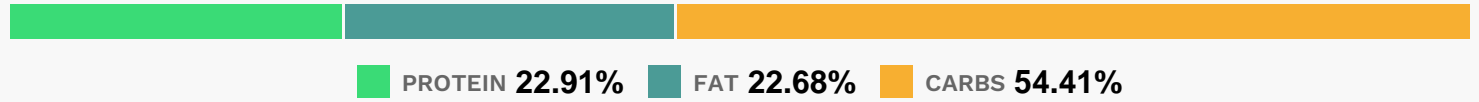
Equipment

- bowl

Directions

- Toss cereal with raspberries in medium bowl.
- Layer yogurt and cereal mixture alternately in four parfait glasses.
- Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:3.59, Inflammation Score:-8, Nutrition Score:30.41869577895%

Flavonoids

Cyanidin: 27.74mg, Cyanidin: 27.74mg, Cyanidin: 27.74mg, Cyanidin: 27.74mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 255.68kcal (12.78%), Fat: 7.67g (11.8%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 41.39g (13.8%), Net Carbohydrates: 23.64g (8.6%), Sugar: 16.33g (18.15%), Cholesterol: 3.4mg (1.13%), Sodium: 132.27mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.43g (34.86%), Manganese: 4.01mg (200.41%), Fiber: 17.75g (71%), Magnesium: 253.76mg (63.44%), Phosphorus: 632.67mg (63.27%), Vitamin B2: 0.72mg (42.31%), Selenium: 29.22µg (41.74%), Calcium: 405.6mg (40.56%), Zinc: 4.37mg (29.13%), Potassium: 950.84mg (27.17%), Vitamin E: 3.9mg (25.99%), Vitamin B6: 0.52mg (25.8%), Vitamin B3: 4.93mg (24.65%), Copper: 0.49mg (24.37%), Iron: 4.07mg (22.6%), Vitamin C: 17.25mg (20.91%), Vitamin B5: 1.97mg (19.74%), Vitamin B1: 0.28mg (18.41%), Vitamin B12: 1.04µg (17.29%), Folate: 60.98µg (15.25%), Vitamin K: 5.57µg (5.31%)