



## Raspberry and Rhubarb Parfaits

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



437 kcal

DESSERT

### Ingredients

- 2 tablespoons butter
- 1 cup rhubarb fresh finely chopped
- 2 cups raspberries fresh
- 0.3 cup agave nectar
- 1 teaspoon vanilla
- 0.3 teaspoon ground cinnamon
- 1 juice of lime
- 24 oz vanilla yogurt

- 1 cup cereal organic cascadian farm®
- 4 slices lime
- 1 serving mint leaves fresh for garnish, if desired

## Equipment

- frying pan

## Directions

- In 8-inch skillet, melt butter over medium-high heat.
- Add rhubarb; cook about 5 minutes, stirring occasionally, until softened.
- Remove from heat. Stir in raspberries, agave nectar, vanilla, cinnamon and lime juice. Set aside to cool.
- Into each of 4 parfait cups or glasses, scoop 1 container of yogurt. Top each with 1/2 cup raspberry- rhubarb mixture and 1/4 cup granola.
- Garnish each with lime slice and mint leaves.
- Serve immediately.

## Nutrition Facts



**PROTEIN 11.72%** **FAT 27.87%** **CARBS 60.41%**

## Properties

Glycemic Index:35.25, Glycemic Load:3.08, Inflammation Score:-6, Nutrition Score:18.461738773014%

## Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg 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: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## **Nutrients (% of daily need)**

Calories: 437.18kcal (21.86%), Fat: 13.84g (21.3%), Saturated Fat: 5.68g (35.47%), Carbohydrates: 67.51g (22.5%), Net Carbohydrates: 61.29g (22.29%), Sugar: 45.43g (50.48%), Cholesterol: 23.55mg (7.85%), Sodium: 170.24mg (7.4%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 13.1g (26.2%), Manganese: 1.32mg (65.77%), Calcium: 363.54mg (36.35%), Phosphorus: 344.39mg (34.44%), Vitamin C: 25.29mg (30.66%), Vitamin B2: 0.46mg (27.32%), Fiber: 6.22g (24.86%), Selenium: 14.46µg (20.66%), Potassium: 684.94mg (19.57%), Vitamin K: 19.83µg (18.89%), Magnesium: 73.21mg (18.3%), Vitamin B12: 0.93µg (15.58%), Zinc: 2.33mg (15.5%), Vitamin E: 2.18mg (14.51%), Vitamin B1: 0.22mg (14.43%), Vitamin B5: 1.36mg (13.57%), Folate: 50.65µg (12.66%), Iron: 1.98mg (11.01%), Vitamin B6: 0.2mg (10.03%), Copper: 0.18mg (8.86%), Vitamin A: 314.22IU (6.28%), Vitamin B3: 1.07mg (5.37%)