



Raspberry and Rhubarb Parfaits



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



372 kcal

DESSERT

Ingredients

- ☐ 0.3 cup agave nectar
- ☐ 2 tablespoons butter
- ☐ 4 servings mint leaves fresh for garnish, if desired
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 juice of lime
- ☐ 4 slices lime
- ☐ 1 cup rolled oats organic cascadian farm®
- ☐ 2 cups raspberries fresh

- ☐ 1 cup rhubarb fresh finely chopped
- ☐ 24 oz vanilla yogurt
- ☐ 1 teaspoon vanilla

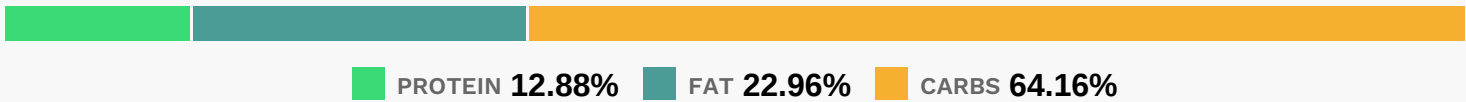
Equipment

- ☐ 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



Properties

Glycemic Index:45.25, Glycemic Load:7.75, Inflammation Score:-6, Nutrition Score:17.783913156261%

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: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg 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: 372.1kcal (18.6%), Fat: 9.68g (14.89%), Saturated Fat: 5.23g (32.66%), Carbohydrates: 60.84g (20.28%), Net Carbohydrates: 54.11g (19.68%), Sugar: 39.41g (43.78%), Cholesterol: 23.55mg (7.85%), Sodium: 161.63mg (7.03%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Protein: 12.21g (24.43%), Manganese: 1.24mg (62.13%), Calcium: 349.67mg (34.97%), Phosphorus: 338.37mg (33.84%), Vitamin C: 25.5mg (30.91%), Fiber: 6.74g (26.95%), Vitamin B2: 0.44mg (26.05%), Selenium: 15.05µg (21.49%), Magnesium: 74.03mg (18.51%), Potassium: 644.25mg (18.41%), Vitamin K: 18.9µg (18%), Zinc: 2.46mg (16.41%), Vitamin B12: 0.91µg (15.22%), Vitamin B1: 0.22mg (14.39%), Vitamin B5: 1.41mg (14.13%), Folate: 47.62µg (11.9%), Vitamin B6: 0.19mg (9.26%), Iron: 1.55mg (8.64%), Copper: 0.17mg (8.53%), Vitamin E: 1.09mg (7.25%), Vitamin A: 346.08IU (6.92%), Vitamin B3: 1.02mg (5.12%)