



Raspberry Lemon Dessert Yogurt Parfaits

READY IN



20 min.

SERVINGS



2

CALORIES



356 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 10 raspberries fresh
- 1 container raspberries fat free 99% yoplait®
- 1 container yogurt
- 5 shortbread cookies crushed
- 1 serving lemon zest grated
- 1 serving shortbread cookies crushed

Equipment

- bowl

Directions

- Set 2 raspberries aside for garnish. In medium bowl, mix and crush remaining raspberries. Stir in raspberry yogurt.
- In 2 parfait glasses, spoon layer of raspberry mixture, using half of the mixture. Top each with lemon yogurt, using the entire lemon yogurt.
- Sprinkle layer of crushed cookies over lemon yogurt. Top with remaining raspberry yogurt.
- Garnish with reserved raspberries, lemon peel and the additional crushed cookie. Refrigerate until ready to serve.

Nutrition Facts

PROTEIN 8.75% **FAT 36.78%** **CARBS 54.47%**

Properties

Glycemic Index:99.5, Glycemic Load:18.94, Inflammation Score:-6, Nutrition Score:17.25000005183%

Flavonoids

Cyanidin: 75.98mg, Cyanidin: 75.98mg, Cyanidin: 75.98mg, Cyanidin: 75.98mg Petunidin: 0.51mg, Petunidin: 0.51mg, Petunidin: 0.51mg, Petunidin: 0.51mg Delphinidin: 2.19mg, Delphinidin: 2.19mg, Delphinidin: 2.19mg, Delphinidin: 2.19mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 1.63mg, Pelargonidin: 1.63mg, Pelargonidin: 1.63mg, Pelargonidin: 1.63mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Epigallocatechin 3-gallate: 0.9mg, Epigallocatechin 3-gallate: 0.9mg, Epigallocatechin 3-gallate: 0.9mg, Epigallocatechin 3-gallate: 0.9mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 356.06kcal (17.8%), Fat: 14.99g (23.06%), Saturated Fat: 5.57g (34.81%), Carbohydrates: 49.94g (16.65%), Net Carbohydrates: 38.63g (14.05%), Sugar: 21.05g (23.39%), Cholesterol: 14.76mg (4.92%), Sodium: 191.55mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.05%), Manganese: 1.28mg (64.18%), Vitamin C: 44.19mg (53.56%), Fiber: 11.31g (45.23%), Vitamin B2: 0.35mg (20.4%), Folate: 74.41µg (18.6%), Calcium: 184.04mg (18.4%), Phosphorus: 181.72mg (18.17%), Vitamin K: 17.47µg (16.63%), Vitamin E: 2.46mg (16.43%), Vitamin B1: 0.22mg (14.92%), Magnesium: 55.62mg (13.9%), Potassium: 461.07mg (13.17%), Iron: 2.37mg (13.14%), Vitamin B3: 2.36mg (11.79%), Vitamin B5: 1.11mg (11.06%), Zinc: 1.56mg (10.39%), Copper: 0.19mg (9.74%), Vitamin B6: 0.16mg (7.77%), Selenium: 5.25µg (7.5%), Vitamin B12: 0.42µg (7%), Vitamin A: 200.74IU (4.01%)