



Slow-Roasted Grape and Yogurt Parfaits

 Vegetarian  Gluten Free

READY IN



223 min.

SERVINGS



4

CALORIES



308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cups grapes black seedless
- ☐ 2 cups yogurt plain fat-free greek-style divided
- ☐ 1.3 cups grapes green seedless
- ☐ 8 teaspoons honey divided
- ☐ 1.3 cups grapes red seedless
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup walnut halves divided toasted coarsely chopped

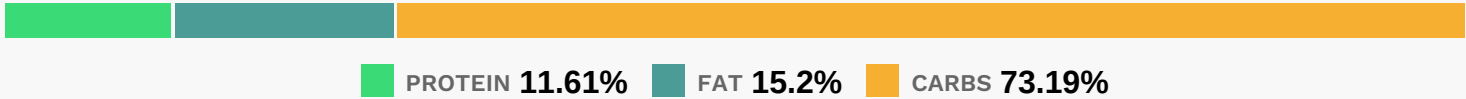
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 20
- ☐ Coat a jelly-roll pan with cooking spray.
- ☐ Rinse grapes; drain well, leaving slightly moist.
- ☐ Combine grapes and sugar in a large bowl; toss to coat. Arrange grapes on prepared jelly-roll pan.
- ☐ Bake at 200 for 3 hours or until grapes soften but still hold their shape.
- ☐ Remove from oven; cool completely.
- ☐ Spoon 1/4 cup yogurt into the bottom of each of 4 parfait glasses. Top each serving with about 1/3 cup grapes, 1 1/2 teaspoons walnuts, and 1 teaspoon honey. Repeat layers with remaining ingredients; garnish with sliced mint, if desired.

Nutrition Facts



Properties

Glycemic Index:73.34, Glycemic Load:25.03, Inflammation Score:-3, Nutrition Score:14.708260727965%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 308.05kcal (15.4%), Fat: 5.55g (8.54%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 60.12g (20.04%), Net Carbohydrates: 55.62g (20.22%), Sugar: 45.68g (50.75%), Cholesterol: 2.45mg (0.82%), Sodium: 97.92mg (4.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.07%), Manganese: 1.89mg (94.74%), Calcium: 291.12mg (29.11%), Phosphorus: 257.25mg (25.72%), Vitamin B2: 0.38mg (22.07%), Potassium: 704.45mg (20.13%), Copper: 0.36mg (18.1%), Fiber: 4.5g (18%), Vitamin K: 15.14µg (14.42%), Magnesium: 53.2mg (13.3%), Vitamin B12: 0.75µg (12.45%), Zinc: 1.6mg (10.69%), Vitamin B1: 0.15mg (10.21%), Vitamin B6: 0.19mg (9.71%), Vitamin B5: 0.89mg (8.87%), Selenium: 5.03µg (7.19%), Folate: 25.74µg (6.43%), Vitamin C: 4.49mg (5.44%), Iron: 0.95mg (5.3%), Vitamin A: 129.32IU (2.59%), Vitamin B3: 0.44mg (2.2%), Vitamin E: 0.24mg (1.62%)