



Strawberry-Chocolate Cheerios® Parfaits

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



262 kcal

Ingredients

- ☐ 2 cups corn flakes/bran flakes
- ☐ 2 cups strawberries fresh sliced
- ☐ 24 oz strawberry yogurt light fat free yoplait®

Equipment

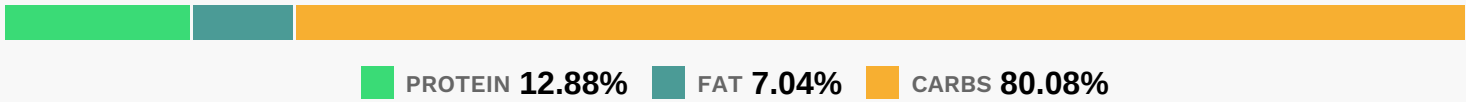
Directions

- ☐ In 4 parfait glasses or clear drinking glasses, layer half of the strawberries, half of the yogurt and half of the cereal. Repeat layers.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.06, Glycemic Load:10.62, Inflammation Score:-8, Nutrition Score:19.217391262884%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 262.14kcal (13.11%), Fat: 2.17g (3.33%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 55.48g (18.49%), Net Carbohydrates: 49.87g (18.13%), Sugar: 36.5g (40.55%), Cholesterol: 15.31mg (5.1%), Sodium: 202.27mg (8.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.85%), Vitamin C: 42.34mg (51.32%), Manganese: 0.99mg (49.58%), Folate: 150.68µg (37.67%), Vitamin B2: 0.6mg (35.41%), Iron: 6.12mg (33.98%), Vitamin B12: 1.88µg (31.41%), Phosphorus: 239.76mg (23.98%), Fiber: 5.61g (22.44%), Calcium: 204.02mg (20.4%), Vitamin B6: 0.37mg (18.69%), Vitamin B1: 0.28mg (18.49%), Vitamin B3: 3.62mg (18.09%), Selenium: 10.79µg (15.41%), Potassium: 517.83mg (14.8%), Magnesium: 55.16mg (13.79%), Vitamin A: 561.37IU (11.23%), Zinc: 1.1mg (7.34%), Copper: 0.13mg (6.73%), Vitamin D: 0.66µg (4.4%), Vitamin B5: 0.26mg (2.64%), Vitamin E: 0.36mg (2.42%), Vitamin K: 1.86µg (1.78%)