



Strawberry Yogurt Parfait

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



87 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup south beach livingâ,,ç vanilla almond crunch cereal divided
- 6 oz strawberry nonfat yogurt light divided
- 3 strawberries fresh sliced

Equipment

- bowl

Directions

Layer 1/2 of each ingredient in 1-1/2-cup bowl.

Repeat layers.

Serve immediately.

Nutrition Facts

 **PROTEIN 14.04%** **FAT 9.59%** **CARBS 76.37%**

Properties

Glycemic Index:8, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:6.5108696097589%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 87.07kcal (4.35%), Fat: 0.74g (1.14%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 12.66g (4.6%), Sugar: 8.22g (9.14%), Cholesterol: 0.68mg (0.23%), Sodium: 113.89mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.87%), Folate: 181.06µg (45.27%), Vitamin B2: 0.27mg (15.73%), Zinc: 2.31mg (15.41%), Vitamin B1: 0.22mg (14.35%), Vitamin B6: 0.24mg (12.02%), Vitamin B3: 2.26mg (11.3%), Calcium: 68.85mg (6.89%), Phosphorus: 55.14mg (5.51%), Vitamin C: 4.54mg (5.5%), Vitamin B12: 0.21µg (3.46%), Potassium: 119.67mg (3.42%), Fiber: 0.58g (2.33%), Vitamin B5: 0.23mg (2.27%), Magnesium: 7.4mg (1.85%), Selenium: 1.25µg (1.79%), Manganese: 0.03mg (1.47%)