



Sunflower Granola Breakfast Parfaits

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup ground flaxseed
- ☐ 4 cups greek yogurt plain fat-free
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons honey
- ☐ 1 cup oats
- ☐ 2 cups raspberries
- ☐ 0.3 cup sunflower seeds raw

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup coconut shredded sweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup walnut pieces chopped

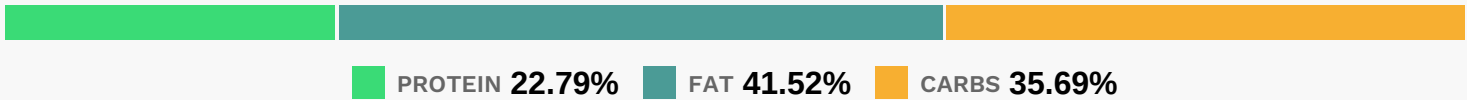
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Place oven rack on middle shelf, about 10 inches below broiler. Preheat broiler to high.
- ☐ Combine first 7 ingredients on a baking sheet; toss well. Broil 3 minutes or until lightly toasted, stirring every 1 minute.
- ☐ Combine butter, honey, and vanilla in a small bowl.
- ☐ Drizzle butter mixture over oat mixture; toss to coat. Broil granola an additional 2 minutes or until well toasted, stirring after 1 minute.
- ☐ Remove granola from oven; cool on pan 8 minutes, stirring occasionally.
- ☐ Spoon 1/2 cup yogurt into each of 8 bowls. Top with about 1/3 cup granola and about 1/4 cup berries.

Nutrition Facts



Properties

Glycemic Index:30.66, Glycemic Load:5.19, Inflammation Score:-5, Nutrition Score:13.156956703767%

Flavonoids

Cyanidin: 13.83mg, Cyanidin: 13.83mg, Cyanidin: 13.83mg, Cyanidin: 13.83mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 246.25kcal (12.31%), Fat: 11.71g (18.02%), Saturated Fat: 3.5g (21.9%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 17.51g (6.37%), Sugar: 10.54g (11.71%), Cholesterol: 12.52mg (4.18%), Sodium: 141.65mg (6.16%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 14.47g (28.94%), Manganese: 1mg (50.24%), Phosphorus: 262.8mg (26.28%), Selenium: 17.11µg (24.44%), Fiber: 5.15g (20.59%), Vitamin B2: 0.34mg (20.03%), Magnesium: 72.26mg (18.07%), Vitamin B1: 0.24mg (15.72%), Calcium: 146.27mg (14.63%), Copper: 0.29mg (14.47%), Vitamin E: 1.92mg (12.82%), Vitamin B12: 0.71µg (11.77%), Zinc: 1.63mg (10.89%), Vitamin B6: 0.2mg (9.97%), Vitamin C: 8.05mg (9.75%), Potassium: 320.74mg (9.16%), Folate: 34.42µg (8.61%), Iron: 1.41mg (7.83%), Vitamin B5: 0.69mg (6.89%), Vitamin B3: 1.07mg (5.36%), Vitamin K: 3.15µg (3%), Vitamin A: 104.56IU (2.09%)