



## Triple Berry Parfaits

READY IN



15 min.

SERVINGS



15

CALORIES



81 kcal

### Ingredients

- 0.3 cup baker's angel flake coconut
- 18 oz strawberry nonfat yogurt
- 0.7 cup each: raspberries sliced
- 6 strawberries whole
- 24 vanilla wafers coarsely chopped reduced-fat
- 6 Tbsp cool whip lite whipped topping thawed

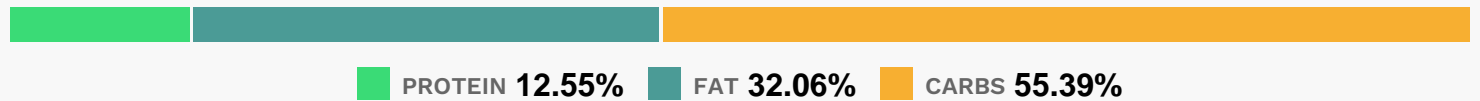
### Equipment

- bowl

## Directions

- Mix raspberries, sliced strawberries and blueberries in medium bowl.
- Add yogurt and coconut; toss to coat.
- Spoon half of the chopped wafers evenly into six parfait glasses; cover with half of the fruit mixture. Repeat layers.
- Top with the whipped topping and whole strawberries.

## Nutrition Facts



## Properties

Glycemic Index:9.53, Glycemic Load:5.48, Inflammation Score:-1, Nutrition Score:2.7934782709117%

## Flavonoids

Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 1.25mg, Pelargonidin: 1.25mg, Pelargonidin: 1.25mg, Pelargonidin: 1.25mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg 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: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 81.09kcal (4.05%), Fat: 2.93g (4.51%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 10.59g (3.85%), Sugar: 6.65g (7.38%), Cholesterol: 0.81mg (0.27%), Sodium: 66.71mg (2.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Calcium: 71.45mg (7.14%), Phosphorus: 64.39mg (6.44%), Vitamin B2: 0.11mg (6.34%), Vitamin C: 4.55mg (5.51%), Manganese: 0.09mg (4.74%), Vitamin B1: 0.06mg (4.05%), Folate: 14.98µg (3.75%), Vitamin B12: 0.21µg (3.52%), Potassium: 119.72mg (3.42%), Fiber: 0.81g (3.23%), Zinc: 0.39mg (2.6%), Vitamin B5: 0.25mg (2.53%), Magnesium: 9.66mg (2.42%), Selenium: 1.56µg (2.23%), Vitamin B3: 0.35mg (1.76%), Vitamin B6: 0.03mg (1.39%), Copper: 0.02mg (1.18%)