



Trix™ Very Berry Parfaits

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



130 kcal

Ingredients

- 1 cup corn flakes/bran flakes
- 0.5 cup blueberries fresh
- 6 oz poached berries mixed yoplait®

Equipment

- ziploc bags
- rolling pin

Directions

- Place cereal in food-storage plastic bag; seal bag and slightly crush rolling pin or soup can.
- In each of 2 (8-oz) parfait or drinking glasses, layer half of the berries and half of the yogurt. Top each parfait with half of the crushed cereal.
- Serve immediately.

Nutrition Facts

■ **PROTEIN 7.08%**
■ **FAT 6.63%**
■ **CARBS 86.29%**

Properties

Glycemic Index:56.13, Glycemic Load:10.78, Inflammation Score:-8, Nutrition Score:15.273478238479%

Flavonoids

Cyanidin: 6.84mg, Cyanidin: 6.84mg, Cyanidin: 6.84mg, Cyanidin: 6.84mg Petunidin: 27.11mg, Petunidin: 27.11mg, Petunidin: 27.11mg, Petunidin: 27.11mg Delphinidin: 31.47mg, Delphinidin: 31.47mg, Delphinidin: 31.47mg, Delphinidin: 31.47mg Malvidin: 67.23mg, Malvidin: 67.23mg, Malvidin: 67.23mg, Malvidin: 67.23mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 7.91mg, Peonidin: 7.91mg, Peonidin: 7.91mg, Peonidin: 7.91mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 1.98mg, Myricetin: 1.98mg, Myricetin: 1.98mg, Myricetin: 1.98mg Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 130.06kcal (6.5%), Fat: 1.09g (1.67%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 31.84g (10.61%), Net Carbohydrates: 25g (9.09%), Sugar: 14.59g (16.21%), Cholesterol: 0mg (0%), Sodium: 109.22mg (4.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Manganese: 0.96mg (48.15%), Folate: 141.57µg (35.39%), Iron: 5.86mg (32.54%), Fiber: 6.84g (27.38%), Vitamin B6: 0.41mg (20.47%), Vitamin K: 21.37µg (20.35%), Vitamin B1: 0.3mg (20.06%), Vitamin B3: 3.94mg (19.68%), Vitamin B2: 0.33mg (19.21%), Vitamin B12: 1µg (16.67%), Selenium: 10.62µg (15.17%), Magnesium: 52.27mg (13.07%), Vitamin A: 559.1IU (11.18%), Phosphorus: 103.6mg (10.36%), Zinc: 1.12mg (7.46%), Copper: 0.15mg (7.46%), Vitamin C: 5.72mg (6.93%), Potassium: 181.02mg (5.17%), Vitamin E: 0.77mg (5.15%), Vitamin D: 0.66µg (4.4%), Vitamin B5: 0.33mg (3.26%), Calcium: 17.82mg (1.78%)