



## Vanilla-Berry Crunch Parfaits

READY IN



10 min.

SERVINGS



10

CALORIES



223 kcal

### Ingredients

- 2 cups blueberries
- 2 cups cereal low-fat
- 2 cups vanilla yogurt low-fat
- 8 oz cool whip lite whipped topping thawed

### Equipment

- bowl

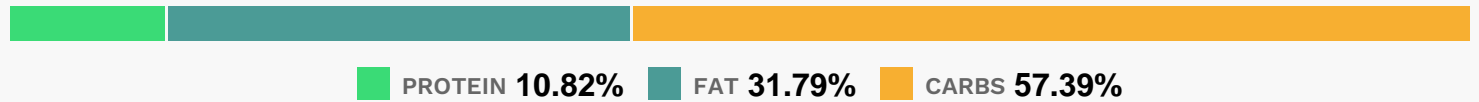
### Directions

- Add whipped topping to yogurt in large bowl; stir gently until well blended.

Layer whipped topping mixture, blueberries and granola alternately in ten 6-oz. dessert glasses.

Serve immediately. Or, cover and refrigerate until ready to serve. Store leftover parfaits in refrigerator.

## Nutrition Facts



### Properties

Glycemic Index:4, Glycemic Load:1.43, Inflammation Score:-3, Nutrition Score:7.61695652941%

### Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

### Nutrients (% of daily need)

Calories: 223.27kcal (11.16%), Fat: 8.08g (12.43%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 30.82g (11.21%), Sugar: 20.05g (22.27%), Cholesterol: 2.9mg (0.97%), Sodium: 57.02mg (2.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.37%), Manganese: 0.76mg (37.77%), Phosphorus: 158.22mg (15.82%), Calcium: 122.65mg (12.27%), Vitamin B2: 0.17mg (10.29%), Selenium: 7.2µg (10.28%), Magnesium: 33.41mg (8.35%), Vitamin E: 1.23mg (8.21%), Fiber: 1.98g (7.92%), Vitamin B1: 0.11mg (7.45%), Vitamin K: 7.56µg (7.2%), Potassium: 247.68mg (7.08%), Iron: 1.2mg (6.67%), Zinc: 0.96mg (6.43%), Vitamin B12: 0.32µg (5.37%), Copper: 0.1mg (4.81%), Vitamin B5: 0.45mg (4.46%), Folate: 16.14µg (4.04%), Vitamin C: 3.29mg (3.98%), Vitamin B6: 0.07mg (3.56%), Vitamin B3: 0.43mg (2.15%), Vitamin A: 53.84IU (1.08%)