



Vanilla Berry Parfaits

 Vegetarian

READY IN



5 min.

SERVINGS



2

CALORIES



328 kcal

Ingredients

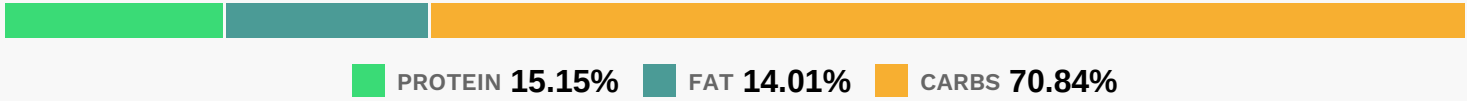
- ☐ 10 ounce poached berries mixed frozen
- ☐ 2 tablespoons graham crackers crushed
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 16 ounce vanilla yogurt

Equipment

Directions

- ☐
- Cover the bottoms of two small glasses with a layer of yogurt. Cover layer with berries.Repeat until both glasses are full, ending with a fruit layer.
- ☐
- Sprinkle with graham crackers and nutmeg.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:7.99, Inflammation Score:-5, Nutrition Score:13.874347780062%

Flavonoids

Cyanidin: 6.18mg, Cyanidin: 6.18mg, Cyanidin: 6.18mg, Cyanidin: 6.18mg Petunidin: 25.74mg, Petunidin: 25.74mg, Petunidin: 25.74mg, Petunidin: 25.74mg Delphinidin: 30.6mg, Delphinidin: 30.6mg, Delphinidin: 30.6mg, Delphinidin: 30.6mg Malvidin: 70.38mg, Malvidin: 70.38mg, Malvidin: 70.38mg, Malvidin: 70.38mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.55mg, Luteolin: 2.55mg, Luteolin: 2.55mg, Luteolin: 2.55mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 328.42kcal (16.42%), Fat: 5.27g (8.1%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 59.92g (19.97%), Net Carbohydrates: 55.56g (20.21%), Sugar: 46.71g (51.9%), Cholesterol: 11.34mg (3.78%), Sodium: 248.57mg (10.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.82g (25.63%), Calcium: 411.07mg (41.11%), Phosphorus: 351.9mg (35.19%), Vitamin B2: 0.54mg (31.99%), Vitamin K: 23.47µg (22.36%), Vitamin B12: 1.2µg (20.03%), Fiber: 4.36g (17.42%), Potassium: 599.84mg (17.14%), Selenium: 11.26µg (16.08%), Zinc: 2.27mg (15.14%), Vitamin B5: 1.43mg (14.29%), Magnesium: 52.33mg (13.08%), Vitamin B1: 0.17mg (11.65%), Manganese: 0.22mg (11.05%), Folate: 41.77µg (10.44%), Vitamin B6: 0.2mg (10.03%), Vitamin B3: 1.54mg (7.7%), Vitamin C: 5.36mg (6.5%), Iron: 1.03mg (5.71%), Vitamin E: 0.73mg (4.84%), Copper: 0.08mg (4.1%), Vitamin A: 162.85IU (3.26%)