



WHATSheATE



Vanilla-Lemon Berry Parfaits



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons honey
- ☐ 2 tablespoons bottled lemon curd (such as Dickinson's)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 lemon zest
- ☐ 1 cup yogurt plain low-fat
- ☐ 3 cups poached berries mixed (such as blueberries, strawberries, and raspberries)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 7 ounce vanilla pudding fat-free

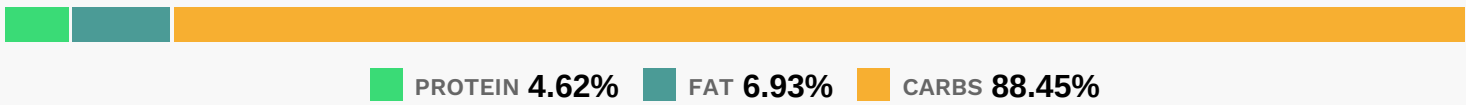
Equipment

- ☐ whisk
- ☐ mixing bowl
- ☐ spatula
- ☐ measuring spoon

Directions

- ☐ In a small mixing bowl, whisk together the yogurt, pudding, lemon curd, and vanilla extract; set aside.
- ☐ In a medium mixing bowl, stir the honey, lemon zest, and lemon juice until combined.
- ☐ Add the mixed berries, and gently stir with a rubber spatula to coat them with the honey mixture.
- ☐ Assemble the parfaits in four 8-ounce glasses. Using measuring spoons, scoop 3 tablespoons of the yogurt mixture into each glass. Top with 1/4 cup of the berries, then another 3 tablespoons yogurt, and another 1/4 cup berries.
- ☐ Garnish each yogurt parfait with fresh mint, if desired.
- ☐ Serve immediately, or cover and refrigerate for up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:4.51, Inflammation Score:-3, Nutrition Score:6.1917391548986%

Flavonoids

Cyanidin: 5.07mg, Cyanidin: 5.07mg, Cyanidin: 5.07mg, Cyanidin: 5.07mg Petunidin: 21.11mg, Petunidin: 21.11mg, Petunidin: 21.11mg, Petunidin: 21.11mg Delphinidin: 25.1mg, Delphinidin: 25.1mg, Delphinidin: 25.1mg, Delphinidin: 25.1mg Malvidin: 57.72mg, Malvidin: 57.72mg, Malvidin: 57.72mg, Malvidin: 57.72mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

0.01mg, Apigenin: 0.01mg Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 352.62kcal (17.63%), Fat: 2.78g (4.28%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 79.82g (26.61%), Net Carbohydrates: 76.18g (27.7%), Sugar: 68.04g (75.6%), Cholesterol: 3.67mg (1.23%), Sodium: 388.16mg (16.88%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 4.17g (8.33%), Vitamin K: 19.19µg (18.27%), Fiber: 3.65g (14.59%), Calcium: 126.79mg (12.68%), Vitamin B2: 0.19mg (10.99%), Phosphorus: 102.91mg (10.29%), Manganese: 0.19mg (9.37%), Vitamin C: 6.84mg (8.28%), Potassium: 228.48mg (6.53%), Vitamin B12: 0.34µg (5.72%), Vitamin B6: 0.11mg (5.28%), Vitamin B5: 0.52mg (5.24%), Zinc: 0.67mg (4.44%), Vitamin B1: 0.07mg (4.4%), Magnesium: 16.94mg (4.24%), Folate: 16.03µg (4.01%), Vitamin E: 0.59mg (3.91%), Selenium: 2.68µg (3.83%), Vitamin B3: 0.7mg (3.5%), Copper: 0.06mg (3.14%), Iron: 0.36mg (1.99%), Vitamin A: 85.69IU (1.71%)