



Very Berry Parfaits

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



88 kcal

Ingredients

- 2 cups poached berries fresh assorted sliced (strawberries, raspberries and blueberries)
- 0.3 cup baker's angel flake coconut
- 2 cups vanilla yogurt low-fat
- 12 oreo cookies divided coarsely chopped

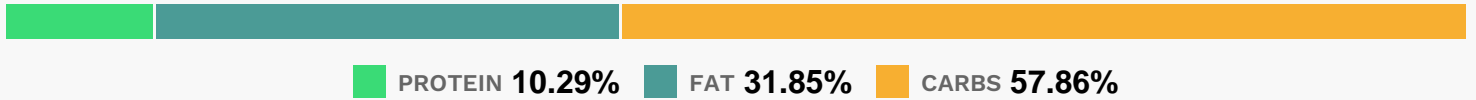
Equipment

Directions

- Toss berries with yogurt and coconut until evenly coated.

- Reserve 1/2 cup of the chopped cookies for garnish.
- Layer remaining chopped cookies and yogurt mixture in six 6- to 8-oz. parfait glasses or dessert dishes.
- Serve immediately. Or, cover and refrigerate up to 1 hour.
- Sprinkle evenly with the reserved chopped cookies just before serving.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:3.8152174107406%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 87.8kcal (4.39%), Fat: 3.21g (4.94%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 12.24g (4.45%), Sugar: 9.46g (10.51%), Cholesterol: 1.63mg (0.54%), Sodium: 59.52mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.67%), Vitamin C: 11.57mg (14.03%), Manganese: 0.18mg (8.97%), Iron: 1.31mg (7.28%), Calcium: 61.32mg (6.13%), Phosphorus: 60.55mg (6.06%), Vitamin B2: 0.09mg (5.54%), Potassium: 131.07mg (3.74%), Fiber: 0.89g (3.57%), Folate: 14.18µg (3.55%), Selenium: 2.44µg (3.48%), Magnesium: 13.51mg (3.38%), Vitamin K: 3.09µg (2.94%), Vitamin B12: 0.17µg (2.89%), Copper: 0.06mg (2.84%), Zinc: 0.4mg (2.65%), Vitamin B1: 0.04mg (2.54%), Vitamin B5: 0.24mg (2.44%), Vitamin E: 0.31mg (2.04%), Vitamin B3: 0.37mg (1.84%), Vitamin B6: 0.03mg (1.51%)