

Very Berry Parfaits

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



112 kcal

Ingredients

- ☐ 0.5 cup blueberries fresh sliced
- ☐ 1 cup cheerios berry burst cheerios® (any flavor)
- ☐ 6 oz yogurt thick yoplait® (any berry flavor)

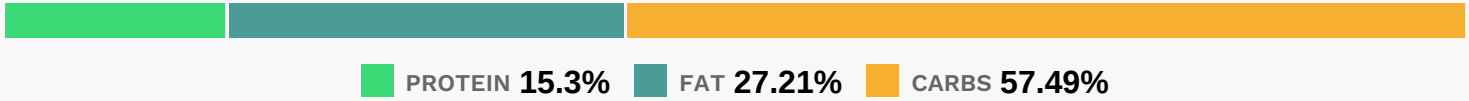
Equipment

- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐
- Place cereal in resealable food-storage plastic bag; seal bag. Using rolling pin, slightly crush cereal.
- ☐
- In 2 (about 1-cup) parfait or drinking glasses, layer half of the berries and half of the yogurt. Top each parfait with half of the crushed cereal.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:2.54, Inflammation Score:-6, Nutrition Score:9.8591304965641%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg 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 Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 112.03kcal (5.6%), Fat: 3.58g (5.51%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 17.01g (5.67%), Net Carbohydrates: 15.07g (5.48%), Sugar: 8.12g (9.02%), Cholesterol: 11.06mg (3.69%), Sodium: 91.68mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.05%), Manganese: 0.5mg (25.01%), Folate: 83.14µg (20.79%), Iron: 3.18mg (17.67%), Vitamin B12: 1.03µg (17.09%), Calcium: 142.61mg (14.26%), Zinc: 1.97mg (13.12%), Phosphorus: 122.72mg (12.27%), Vitamin B6: 0.23mg (11.72%), Vitamin B1: 0.17mg (11.66%), Vitamin B3: 2.1mg (10.49%), Vitamin A: 450.57IU (9.01%), Vitamin B2: 0.15mg (8.61%), Fiber: 1.95g (7.79%), Vitamin C: 6.26mg (7.59%), Vitamin K: 7.52µg (7.16%), Potassium: 226.78mg (6.48%), Selenium: 4.52µg (6.46%), Magnesium: 24.4mg (6.1%), Vitamin B5: 0.49mg (4.89%), Copper: 0.07mg (3.47%), Vitamin D: 0.46µg (3.09%), Vitamin E: 0.31mg (2.03%)