



Yogurt and Granola Parfait

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



271 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cereal
- ☐ 1 tablespoon maple syrup
- ☐ 0.5 cup yogurt plain

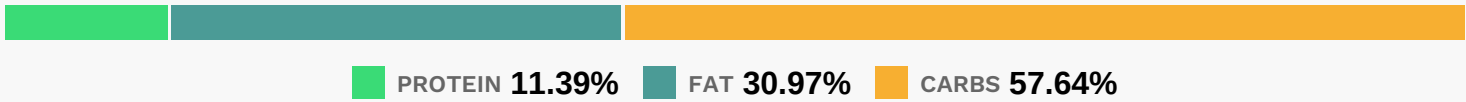
Equipment

Directions

- ☐ Place the granola in the bottom of a parfait glass or dish. Spoon the yogurt on top.

Drizzle with the maple syrup.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:6, Inflammation Score:-3, Nutrition Score:10.573043442291%

Nutrients (% of daily need)

Calories: 271.16kcal (13.56%), Fat: 9.48g (14.58%), Saturated Fat: 3.24g (20.28%), Carbohydrates: 39.68g (13.23%), Net Carbohydrates: 38.09g (13.85%), Sugar: 23.92g (26.58%), Cholesterol: 15.93mg (5.31%), Sodium: 68.21mg (2.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.68%), Manganese: 1.28mg (64.11%), Vitamin B2: 0.48mg (28.4%), Phosphorus: 206.04mg (20.6%), Calcium: 196.26mg (19.63%), Magnesium: 46.65mg (11.66%), Selenium: 7.97µg (11.39%), Potassium: 353.21mg (10.09%), Zinc: 1.47mg (9.82%), Vitamin B1: 0.14mg (9.55%), Vitamin E: 1.25mg (8.32%), Vitamin B12: 0.47µg (7.91%), Iron: 1.41mg (7.83%), Vitamin B5: 0.65mg (6.5%), Fiber: 1.59g (6.34%), Copper: 0.1mg (4.97%), Folate: 18.94µg (4.74%), Vitamin B6: 0.08mg (3.79%), Vitamin A: 121.28IU (2.43%), Vitamin B3: 0.4mg (1.99%), Vitamin K: 1.59µg (1.51%)