



Yogurt Crunch Parfait



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



288 kcal

DESSERT

Ingredients

- ☐ 1 cup blueberries
- ☐ 2 cups cantaloupe cubed
- ☐ 1 quart yogurt plain fat-free
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup pecans raw chopped
- ☐ 1 cup quick-cooking oats
- ☐ 0.3 cup pumpkin seeds raw hulled
- ☐ 4 tablespoons butter unsalted

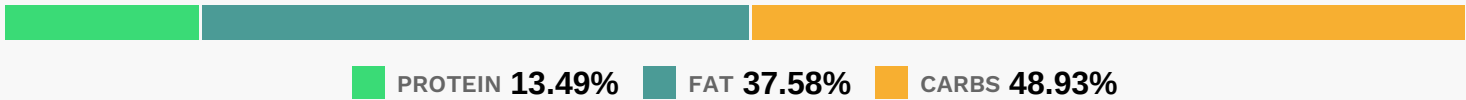
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ To make crunch: Preheat oven to 35
- ☐ Spray an 8- x 8-inch baking pan with cooking spray. In a large saucepan, heat brown sugar and butter, stirring, until smooth.
- ☐ Remove from heat and stir in oats, pecans, and pumpkin seeds.
- ☐ Spread in prepared pan.
- ☐ Bake 20-25 minutes, until golden. Cool in pan on wire rack. Crumble into pieces.
- ☐ Spoon about one-half of crunch into 8 tall glasses and top with half of yogurt and half of fruit. Repeat layering with the remaining crunch, yogurt, and fruit.

Nutrition Facts



Properties

Glycemic Index:24.06, Glycemic Load:6.79, Inflammation Score:-8, Nutrition Score:13.552174047284%

Flavonoids

Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 7.01mg, Delphinidin: 7.01mg, Delphinidin: 7.01mg, Delphinidin: 7.01mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 288.09kcal (14.4%), Fat: 12.48g (19.2%), Saturated Fat: 4.48g (28.03%), Carbohydrates: 36.58g (12.19%), Net Carbohydrates: 34.11g (12.4%), Sugar: 27.85g (30.94%), Cholesterol: 17.42mg (5.81%), Sodium: 108.38mg (4.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.16%), Manganese: 0.93mg (46.45%), Vitamin A: 1549.89IU (31%), Phosphorus: 293.41mg (29.34%), Calcium: 263.53mg (26.35%), Magnesium: 80.8mg (20.2%), Vitamin B2: 0.32mg (18.93%), Zinc: 2.18mg (14.51%), Potassium: 481.89mg (13.77%), Selenium: 9.12µg (13.03%), Vitamin B1: 0.19mg (12.43%), Vitamin B12: 0.73µg (12.22%), Copper: 0.22mg (10.87%), Vitamin B5: 0.99mg (9.94%), Fiber: 2.47g (9.88%), Vitamin C: 7.34mg (8.89%), Iron: 1.27mg (7.06%), Folate: 27.4µg (6.85%), Vitamin B6: 0.12mg (6.06%), Vitamin K: 6.11µg (5.82%), Vitamin B3: 0.81mg (4.04%), Vitamin E: 0.5mg (3.36%)