



Yogurt-Granola Parfaits with Berries

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



1473 kcal

Ingredients

- 0.8 cup strawberries sliced
- 12 oz cup heavy whipping cream fat-free
- 6 tablespoons cereal
- 2 mint leaves

Equipment

Directions

- In each of 2 clear 8-ounce dishes (or use 2 martini glasses or wine goblets for a more elegant touch), spoon one-third of the yogurt from 1 container, 2 tablespoons of the berries and 1 tablespoon of the granola; repeat layers 2 more times.
- Garnish each serving with a mint leaf, if desired.
- Serve immediately.

Nutrition Facts

■ **PROTEIN 4.64%**
■ **FAT 79.84%**
■ **CARBS 15.52%**

Properties

Glycemic Index:40, Glycemic Load:2.45, Inflammation Score:-10, Nutrition Score:30.671304474706%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 1472.82kcal (73.64%), Fat: 133.96g (206.1%), Saturated Fat: 79.6g (497.49%), Carbohydrates: 58.57g (19.52%), Net Carbohydrates: 53.13g (19.32%), Sugar: 27.47g (30.52%), Cholesterol: 384.42mg (128.14%), Sodium: 113.35mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.52g (35.04%), Manganese: 2.05mg (102.59%), Vitamin A: 5098.78IU (101.98%), Vitamin C: 66.24mg (80.29%), Vitamin B2: 0.78mg (45.69%), Phosphorus: 401.09mg (40.11%), Vitamin E: 5.75mg (38.35%), Vitamin D: 5.44µg (36.29%), Selenium: 21.02µg (30.03%), Calcium: 298.27mg (29.83%), Magnesium: 94.05mg (23.51%), Fiber: 5.44g (21.76%), Potassium: 732.6mg (20.93%), Iron: 3.49mg (19.41%), Vitamin B1: 0.28mg (18.77%), Folate: 62.21µg (15.55%), Vitamin K: 15.9µg (15.14%),

Zinc: 2.19mg (14.6%), Vitamin B5: 1.35mg (13.51%), Copper: 0.27mg (13.49%), Vitamin B6: 0.24mg (12.22%), Vitamin B12: 0.59µg (9.77%), Vitamin B3: 1.24mg (6.19%)