



Yogurt-Granola Parfaits with Berries

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



619 kcal

Ingredients

- 12 oz banana fat-free
- 0.8 cup strawberries sliced
- 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 6.98%

FAT 16.67%

CARBS 76.35%

Properties

Glycemic Index:94.78, Glycemic Load:40.1, Inflammation Score:-8, Nutrition Score:29.080869806849%

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: 24.11mg, Catechin: 24.11mg, Catechin: 24.11mg, Catechin: 24.11mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg 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: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 618.93kcal (30.95%), Fat: 12.28g (18.89%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 126.48g (42.16%), Net Carbohydrates: 112.19g (40.8%), Sugar: 59.04g (65.6%), Cholesterol: 0mg (0%), Sodium: 24.9mg (1.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.57g (23.14%), Manganese: 2.97mg (148.35%), Vitamin C: 93.8mg (113.69%), Vitamin B6: 1.37mg (68.69%), Fiber: 14.29g (57.14%), Potassium: 1627.32mg (46.49%), Magnesium: 162.09mg (40.52%), Folate: 116.64µg (29.16%), Phosphorus: 278.62mg (27.86%), Copper: 0.5mg (24.89%), Vitamin B2: 0.39mg (22.67%), Iron: 4.04mg (22.44%), Vitamin B1: 0.32mg (21.27%), Selenium: 14.21µg (20.31%), Vitamin E: 2.96mg (19.76%), Vitamin B3: 3.28mg (16.42%), Vitamin B5: 1.62mg (16.2%), Zinc: 1.88mg

(12.56%), Calcium: 90.75mg (9.07%), Vitamin K: 6.72µg (6.4%), Vitamin A: 315.64IU (6.31%)