



 **36%**  
HEALTH SCORE

## Yogurt Parfait

 Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



691 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

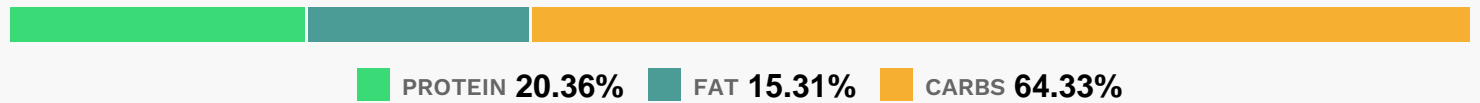
- 1 cup cereal
- 1 cup fruit fresh
- 2 servings mint leaves fresh
- 2 tablespoons honey
- 2 cups yogurt plain
- 2 cups yogurt plain

### Equipment

## Directions

- Add the honey to the plain yoghurt and mix well. In a clean tall glass cup, layer 1/2 cup of yoghurt at the bottom and allow to settle. Then place 1/4 cup fruits followed by 1/4 cup granola etc. Alternate the layers of fruits and granola/cereal etc with yoghurt until the glass is filled.
- Garnish with fresh herb leaves. Repeat the process for the second glass cup.
- Serve parfaits immediately to keep granola or cereal crunchy.

## Nutrition Facts



## Properties

Glycemic Index: 26.14, Glycemic Load: 9.02, Inflammation Score: -6, Nutrition Score: 34.259130434783%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

## Taste

Sweetness: 100%, Saltiness: 51.97%, Sourness: 27.45%, Bitterness: 17.64%, Savoriness: 42.3%, Fattiness: 65.18%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 691.36kcal (34.57%), Fat: 12g (18.46%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 113.44g (37.81%), Net Carbohydrates: 108.25g (39.36%), Sugar: 80.66g (89.62%), Cholesterol: 9.8mg (3.27%), Sodium: 404.51mg (17.59%), Protein: 35.9g (71.8%), Calcium: 1037.18mg (103.72%), Phosphorus: 964.43mg (96.44%), Manganese: 1.72mg (85.99%), Vitamin B2: 1.3mg (76.2%), Vitamin B12: 3.03µg (50.53%), Potassium: 1608.26mg (45.95%), Zinc: 6.14mg (40.91%), Selenium: 28.36µg (40.52%), Magnesium: 155.76mg (38.94%), Vitamin B5: 3.55mg (35.55%), Vitamin B1: 0.44mg (29.29%), Folate: 83.47µg (20.87%), Fiber: 5.19g (20.76%), Iron: 3.6mg (20%), Vitamin B6: 0.36mg (17.91%), Copper: 0.35mg (17.51%), Vitamin E: 2.35mg (15.66%), Vitamin C: 7.5mg (9.09%), Vitamin A: 434.65IU (8.69%), Vitamin K: 9.12µg (8.68%), Vitamin B3: 1.69mg (8.47%)