



Yogurt parfaits with crushed strawberries & amaretti

READY IN



10 min.

SERVINGS



6

CALORIES



153 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 400 g strawberries chopped
- ☐ 4 tbsp sugar
- ☐ 500 g greek yogurt low-fat
- ☐ 12 small amaretti cookies crushed

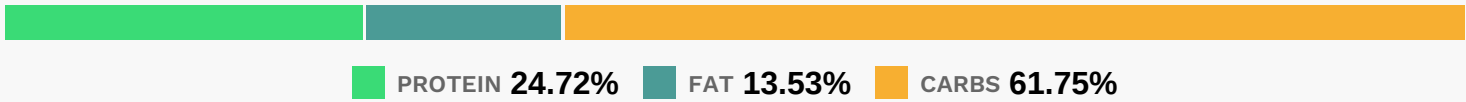
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl, mix the strawberries with half the sugar, then roughly mash them with a fork so they are juicy.
- ☐ Mix the remaining sugar into the yogurt, then layer up 6 glasses with amaretti biscuits, yogurt and strawberries.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:7.1, Inflammation Score:-3, Nutrition Score:4.4743478531423%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 16.57mg, Pelargonidin: 16.57mg, Pelargonidin: 16.57mg, Pelargonidin: 16.57mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 153.27kcal (7.66%), Fat: 2.36g (3.64%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 24.29g (8.1%), Net Carbohydrates: 22.64g (8.23%), Sugar: 21.19g (23.54%), Cholesterol: 4.83mg (1.61%), Sodium: 60.11mg (2.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.72g (19.45%), Vitamin C: 39.2mg (47.52%), Manganese: 0.26mg (12.88%), Calcium: 108.25mg (10.82%), Fiber: 1.65g (6.59%), Folate: 16µg (4%), Potassium: 102.16mg (2.92%), Iron: 0.39mg (2.17%), Magnesium: 8.67mg (2.17%), Copper: 0.03mg (1.63%), Phosphorus: 16mg (1.6%), Vitamin B6: 0.03mg (1.57%), Vitamin K: 1.47µg (1.4%), Vitamin B3: 0.26mg (1.29%), Vitamin E: 0.19mg (1.29%), Vitamin A: 56.33IU (1.13%), Vitamin B1: 0.02mg (1.07%)