



Yogurt Sundaes



Vegetarian



Gluten Free

READY IN



7 min.

SERVINGS



4

CALORIES



182 kcal

DESSERT

Ingredients



1 cup strawberries sliced



2 cups vanilla yogurt fat-free



0.3 cup maple syrup

Equipment

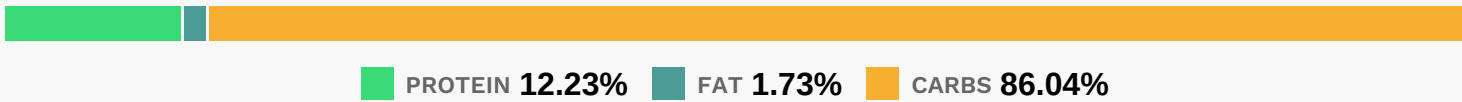


measuring cup

Directions

- ☐ Spoon 1/4 cup yogurt into each of 4 parfait glasses. Top each with 1/4 cup berries, 1/4 cup yogurt, and 1 tablespoon Crunchy Maple Granola.
- ☐ Kids Can Help: Set out the granola, yogurt, and berries so kids can make their own breakfast. I like to use measuring cups for scooping the granola and fruit so they learn how to serve themselves a portion.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:5.77, Inflammation Score:-2, Nutrition Score:8.3734783219255%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 182.23kcal (9.11%), Fat: 0.35g (0.54%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 39.6g (13.2%), Net Carbohydrates: 38.88g (14.14%), Sugar: 37.09g (41.22%), Cholesterol: 2.45mg (0.82%), Sodium: 73.22mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.26%), Manganese: 0.64mg (32.24%), Vitamin B2: 0.48mg (28.47%), Vitamin C: 22.03mg (26.7%), Calcium: 213.9mg (21.39%), Phosphorus: 154.41mg (15.44%), Selenium: 7.49µg (10.71%), Potassium: 338.01mg (9.66%), Vitamin B12: 0.58µg (9.6%), Zinc: 1.1mg (7.32%), Magnesium: 27.28mg (6.82%), Folate: 19.67µg (4.92%), Vitamin B1: 0.07mg (4.73%), Vitamin B6: 0.07mg (3.3%), Fiber: 0.72g (2.88%), Vitamin K: 2.14µg (2.04%), Copper: 0.03mg (1.54%), Iron: 0.26mg (1.42%), Vitamin B3: 0.28mg (1.39%), Vitamin E: 0.18mg (1.19%)