

# Quinoa Yogurt Parfait

Prep Time 10 mins **Total Time** 10 mins

Meal Type Contributed By Breakfast

**Living**Plate®

Source Adapted from Seasonal

Craving

2 Servings



### Ingredients

- 3/4 cup quinoa, cooked
- 1 cup plain Greek yogurt
- 1 cup mixed berries blueberries, raspberries, blackberries
- 1Tbs maple syrup

#### **Directions**

#### Prep

1. Cook quinoa according to package directions.

#### Make

- 1. Place quinoa at the bottom of 4 glasses or bowls.
- 2. Top with yogurt, berries and maple syrup.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

## **Nutrition Facts**

**Calories** per serving

236

Amount/serving	% Daily Value
Total Fat 3.8g	5%
Saturated Fat 1.7g	8%
Trans Fat 0.0g	
Cholesterol 15mg	5%
Sodium 47mg	2%

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 3.8g	5%	Total Carbohydrates 37g	12%
Saturated Fat 1.7g	8%	Dietary Fiber 4g	16%
Trans Fat 0.0g		Total Sugars 17g	
Cholesterol 15mg	5%		
Sodium 47mg	2%	Protein 16g	
Vitamin D 0mcg 0% · Calcium	n 1276mg 127% · Iron	n 1mg 6% · Potassium 198mg 4%	6

\* The percent Daily Value (DV) tells your how much a nutrient in a serving of food contributes to ta daily diet. 2,000 calories a day is used for general nutrition advice.

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<sup>-</sup> Show all nutrients -