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Apple Walnut Parfait ♦

The Apple Walnut Parfait is a delicious and healthy dessert that combines the sweetness of apples with the crunch of walnuts. It is a perfect treat for breakfast or as a snack. The recipe is easy to make and can be enjoyed by both vegetarians and non-vegetarians.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

| | |
|-------|---------|
| 200 g | Apples |
| 50 g | walnuts |
| 200 g | yogurt |
| 30 g | honey |

Directions

Step 1

Cut

Wash and chop the apples into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Chop the walnuts into small pieces.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Layering

In a glass, layer the chopped apples, yogurt, and walnuts.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Drizzle honey over the top.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 4 g

Protein: 5 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 5 g | 29.41% | 29.41% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

| | | | |
|---------------|------|--------|-----|
| Carbohydrates | 35 g | 63.64% | 70% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 25 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 2 g | N/A | N/A |
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 4 g | 14.29% | 16% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 2 iu | 0.22% | 0.29% |
| Vitamin C | 10 mg | 11.11% | 13.33% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 1 mg | 6.67% | 6.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 50 mg | 2.17% | 2.17% |
| Calcium | 15 mg | 1.5% | 1.5% |
| Iron | 6 mg | 75% | 33.33% |
| Potassium | 250 mg | 7.35% | 9.62% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 1 mcg | 1.82% | 1.82% |

Recipe Attributes

Seasonality

Spring Summer

Events

Christmas New Year Anniversary Picnic

Course

Salads Desserts Sauces & Dressings Appetizers

Nutritional Content

Low Calorie Low Fat Low Carb Low Sodium Sugar-Free High Vitamin C
High Iron High Calcium

Kitchen Tools

Blender Oven

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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