



Apple-Mascarpone Parfaits

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1.5 pounds apples i use 2 granny smith apples diced peeled
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 cups curd cottage cheese 2% low-fat
- ☐ 2 ounces mascarpone cheese
- ☐ 0.1 teaspoon salt

- ☐ 1 tablespoon stick margarine
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water

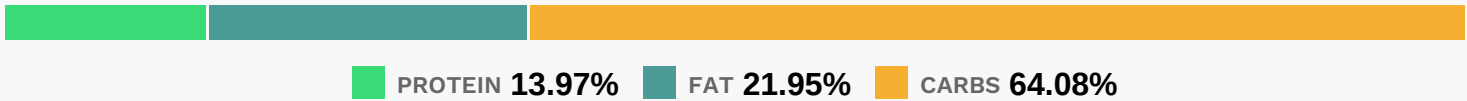
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Melt the butter in a large nonstick skillet over medium-high heat.
- ☐ Add apple and the next 5 ingredients (apple through salt), and cook 12 minutes or until liquid is almost absorbed.
- ☐ Remove from heat.
- ☐ Place cottage cheese in a food processor, and process until smooth (about 2 minutes).
- ☐ Add mascarpone, granulated sugar, and vanilla, and process until smooth. Spoon 2 tablespoons cheese mixture into each of 6 parfait glasses, and top each with 2 tablespoons apple mixture. Repeat procedure with 3 tablespoons cheese mixture and 2 tablespoons apple mixture, ending with 3 tablespoons cheese mixture. Cover and chill at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:11.89, Inflammation Score:-3, Nutrition Score:5.0099999489992%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg

Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 289.62kcal (14.48%), Fat: 7.24g (11.14%), Saturated Fat: 3.58g (22.37%), Carbohydrates: 47.59g (15.86%), Net Carbohydrates: 44.82g (16.3%), Sugar: 42.89g (47.65%), Cholesterol: 12.46mg (4.15%), Sodium: 389.57mg (16.94%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 10.37g (20.74%), Phosphorus: 115.74mg (11.57%), Fiber: 2.77g (11.06%), Selenium: 7.16µg (10.24%), Vitamin B2: 0.16mg (9.32%), Calcium: 83.2mg (8.32%), Vitamin C: 6.72mg (8.15%), Vitamin B12: 0.48µg (7.95%), Potassium: 220.81mg (6.31%), Vitamin A: 315.12IU (6.3%), Manganese: 0.11mg (5.61%), Vitamin B6: 0.11mg (5.43%), Folate: 13.17µg (3.29%), Copper: 0.06mg (3.23%), Magnesium: 12.05mg (3.01%), Vitamin B5: 0.26mg (2.65%), Vitamin K: 2.6µg (2.48%), Vitamin B1: 0.04mg (2.45%), Zinc: 0.35mg (2.33%), Iron: 0.42mg (2.31%), Vitamin E: 0.3mg (1.99%), Vitamin B3: 0.25mg (1.23%)