



Berry Brownie Parfaits

READY IN



50 min.

SERVINGS



6

CALORIES



69 kcal

DESSERT

Ingredients

- 1 package peach pie filling white instant (4-serving size)
- 1.5 cups milk
- 0.5 teaspoon rum extract
- 1 cup cool whip frozen thawed
- 4 brownie mix ()
- 1 cup raspberries fresh

Equipment

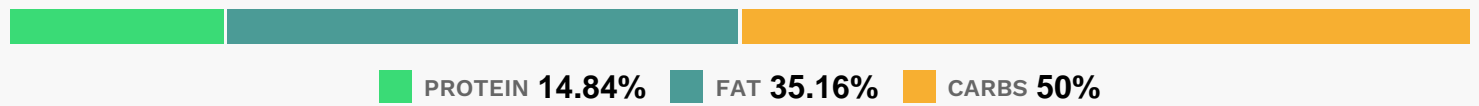
- bowl

whisk

Directions

- Beat pudding mix, milk and rum extract in medium bowl 2 minutes, using wire whisk. Refrigerate 10 minutes. Fold in whipped topping.
- Cut each brownie into 12 squares. For each serving, spoon about 2 tablespoons pudding mixture into 6- to 10-inch parfait glass. Top with 4 brownie pieces and 4 raspberries; press lightly. Repeat layers. Top each with 2 tablespoons pudding mixture. Refrigerate 30 minutes.
- Garnish with remaining raspberries.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:1.36, Inflammation Score:-2, Nutrition Score:3.9434782577598%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 68.73kcal (3.44%), Fat: 2.79g (4.29%), Saturated Fat: 1.51g (9.47%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 7.57g (2.75%), Sugar: 6.17g (6.86%), Cholesterol: 9.32mg (3.11%), Sodium: 34.4mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin B2: 0.17mg (9.95%), Calcium: 93.54mg (9.35%), Vitamin B12: 0.51µg (8.57%), Phosphorus: 75.92mg (7.59%), Manganese: 0.14mg (6.82%), Vitamin C: 5.24mg (6.35%), Fiber: 1.35g (5.41%), Vitamin D: 0.67µg (4.47%), Vitamin B1: 0.06mg (3.94%), Potassium: 135.27mg (3.86%), Magnesium: 12.72mg (3.18%), Vitamin B6: 0.06mg (3.18%), Vitamin B5: 0.29mg (2.93%), Vitamin A: 127.33IU (2.55%), Zinc: 0.37mg (2.49%), Selenium: 1.57µg (2.25%), Vitamin K: 1.78µg (1.7%), Folate: 6.32µg (1.58%), Vitamin E: 0.22mg (1.44%), Vitamin B3: 0.23mg (1.15%), Copper: 0.02mg (1.05%)