



Berry Cheesecake Parfaits

READY IN



15 min.

SERVINGS



15

CALORIES



162 kcal

Ingredients

- 1.5 cups blueberries and strawberries mixed fresh sliced
- 8 oz philadelphia cream cheese softened
- 3.4 oz jell-o vanilla flavor pudding instant
- 1.5 cups milk cold
- 24 vanilla wafers coarsely chopped
- 1.5 cups cool whip whipped topping divided thawed

Equipment

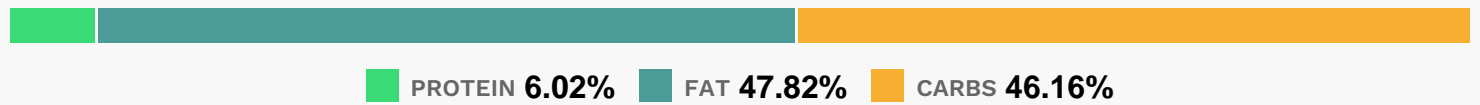
- bowl
- whisk

blender

Directions

- Beat cream cheese in medium bowl with mixer until creamy. Gradually beat in milk.
- Add dry pudding mix; mix well.
- Whisk in 1 cup COOL WHIP until blended.
- Layer half each of the wafers, berries and pudding mixture in 8 parfait glasses. Repeat layers.
- Top with remaining COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:6.67, Inflammation Score:-2, Nutrition Score:2.590000004872%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 161.5kcal (8.08%), Fat: 8.71g (13.4%), Saturated Fat: 4.91g (30.7%), Carbohydrates: 18.92g (6.31%), Net Carbohydrates: 18.39g (6.69%), Sugar: 13.12g (14.58%), Cholesterol: 18.44mg (6.15%), Sodium: 141.69mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin B2: 0.1mg (6.13%), Phosphorus: 52.31mg (5.23%), Vitamin A: 256.13IU (5.12%), Calcium: 51.21mg (5.12%), Vitamin B1: 0.06mg (4.3%), Vitamin K: 3.49µg (3.32%), Vitamin B12: 0.18µg (3%), Selenium: 2.02µg (2.88%), Folate: 10.92µg (2.73%), Manganese: 0.05mg (2.64%), Potassium: 84.88mg (2.43%), Fiber: 0.53g (2.11%), Vitamin B5: 0.2mg (1.96%), Vitamin D: 0.27µg (1.79%), Vitamin B3: 0.36mg (1.79%), Vitamin E: 0.26mg (1.76%), Vitamin C: 1.44mg (1.74%), Vitamin B6: 0.03mg (1.63%), Magnesium: 5.7mg (1.43%), Zinc: 0.21mg (1.39%)