

# Berry Creme Parfaits

 **Gluten Free**

READY IN



**20 min.**

SERVINGS



**8**

CALORIES



**218 kcal**

DESSERT

## Ingredients

- 2 cups blueberries fresh thawed
- 1 envelope gelatin powder unflavored
- 1.8 cups milk
- 16 ounces cream sour
- 0.5 cup sugar
- 1 teaspoon vanilla extract

## Equipment

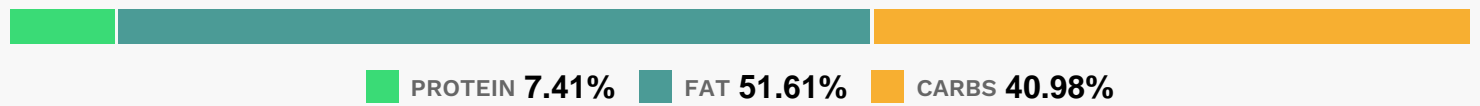
- bowl

sauce pan

## Directions

- In a medium saucepan, combine sugar and gelatin. Stir in milk. Cook and stir over medium heat until gelatin is dissolved.
- Remove from the heat; stir in sour cream and vanilla. Cover and chill for about 2 hours or until the mixture mounds when dropped from a spoon. Spoon into parfait glasses or glass bowls. Top each with 1/4 cup berries.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:18.51, Glycemic Load:11.46, Inflammation Score:-4, Nutrition Score:4.9973912757376%

## Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 217.88kcal (10.89%), Fat: 12.87g (19.8%), Saturated Fat: 6.73g (42.07%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 22.11g (8.04%), Sugar: 20.72g (23.03%), Cholesterol: 39.86mg (13.29%), Sodium: 40.11mg (1.74%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 4.16g (8.31%), Calcium: 125.8mg (12.58%), Vitamin B2: 0.19mg (11.11%), Phosphorus: 101.81mg (10.18%), Vitamin A: 459.68IU (9.19%), Vitamin K: 8.15µg (7.76%), Vitamin B12: 0.41µg (6.79%), Manganese: 0.14mg (6.76%), Potassium: 180.56mg (5.16%), Selenium: 3.57µg (5.1%), Vitamin C: 4.1mg (4.97%), Vitamin B5: 0.44mg (4.37%), Vitamin D: 0.59µg (3.91%), Vitamin B6: 0.08mg (3.76%), Vitamin B1: 0.06mg (3.68%), Magnesium: 14.55mg (3.64%), Fiber: 0.89g (3.55%), Zinc: 0.47mg (3.12%), Vitamin E: 0.45mg (3.02%), Copper: 0.05mg (2.6%), Folate: 5.88µg (1.47%), Vitamin B3: 0.27mg (1.33%)