



Black Forest Parfaits

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

Ingredients

- 2 cups cherries sweet frozen pitted
- 14 chocolate wafers such as nabisco famous crumbled (such as Nabisco Famous Chocolate Wafers)
- 0.5 teaspoon cornstarch
- 2 cups vanilla greek yogurt fat-free frozen

Equipment

- bowl
- potato masher
- microwave

Directions

- Combine cherries and cornstarch in a medium microwave-safe bowl. Microwave cherry mixture at HIGH for 3 minutes or until hot. Mash cherries with a fork or potato masher until desired consistency.
- Divide half of the chocolate wafer crumbs evenly among 4 parfait glasses. Spoon 2 tablespoons cherry mixture into each glass. Top each serving with 1/2 cup yogurt; divide remaining cherry mixture and remaining chocolate wafer crumbs among servings.

Nutrition Facts

 **PROTEIN 18.94%**  **FAT 11.87%**  **CARBS 69.19%**

Properties

Glycemic Index:17.88, Glycemic Load:9.31, Inflammation Score:-2, Nutrition Score:3.6591304177823%

Flavonoids

Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 226.15kcal (11.31%), Fat: 3.12g (4.8%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 40.9g (13.63%), Net Carbohydrates: 38.74g (14.09%), Sugar: 30.31g (33.67%), Cholesterol: 4.2mg (1.4%), Sodium: 155.87mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.4%), Manganese: 0.19mg (9.73%), Fiber: 2.17g (8.66%), Potassium: 299.44mg (8.56%), Copper: 0.14mg (6.94%), Iron: 1.09mg (6.06%), Vitamin C: 4.83mg (5.85%), Magnesium: 18.73mg (4.68%), Vitamin B2: 0.08mg (4.63%), Phosphorus: 42.24mg (4.22%), Vitamin B1: 0.06mg (4.08%), Vitamin B3: 0.71mg (3.53%), Folate: 12.63µg (3.16%), Vitamin B6: 0.04mg (2.23%), Vitamin B5: 0.22mg (2.17%), Vitamin K: 1.95µg (1.86%), Zinc: 0.28mg (1.85%), Selenium: 1.2µg (1.72%), Calcium: 16.62mg (1.66%), Vitamin E: 0.2mg (1.33%)