

Black Forest Parfaits

 **Gluten Free**

READY IN



10 min.

SERVINGS



6

CALORIES



287 kcal

Ingredients

- 21 ounces cherry pie filling divided canned
- 3.9 ounces chocolate pudding instant
- 6 maraschino cherries with stems, optional
- 2 cups milk 2% cold
- 2 cups non-dairy whipped topping divided

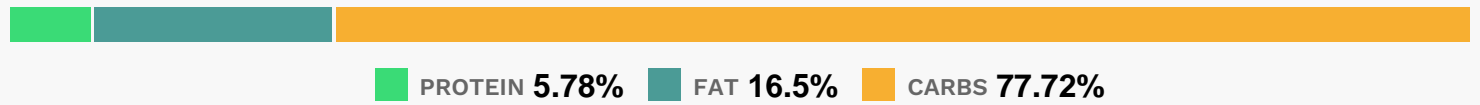
Equipment

- bowl
- whisk

Directions

- In a large bowl, whisk milk and pudding mix for 2 minutes.
- Let stand for 2 minutes or until soft-set. Stir in 1 cup pie filling; gently fold in 1 cup whipped topping.
- Spoon half of the pudding mixture into six tall glasses or cups. Top with remaining pie filling, pudding mixture and whipped topping.
- Garnish with cherries if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.1013043341429%

Nutrients (% of daily need)

Calories: 287.34kcal (14.37%), Fat: 5.26g (8.1%), Saturated Fat: 3.99g (24.91%), Carbohydrates: 55.76g (18.59%), Net Carbohydrates: 54.34g (19.76%), Sugar: 24.33g (27.03%), Cholesterol: 6.79mg (2.26%), Sodium: 336.36mg (14.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Calcium: 127.98mg (12.8%), Phosphorus: 119.17mg (11.92%), Vitamin B2: 0.19mg (11.41%), Potassium: 284.11mg (8.12%), Copper: 0.16mg (7.95%), Vitamin B12: 0.47µg (7.78%), Magnesium: 25.84mg (6.46%), Vitamin A: 304.4IU (6.09%), Fiber: 1.42g (5.67%), Manganese: 0.11mg (5.45%), Selenium: 3.43µg (4.91%), Vitamin C: 3.73mg (4.52%), Vitamin B1: 0.06mg (4.16%), Zinc: 0.58mg (3.86%), Vitamin B6: 0.07mg (3.7%), Vitamin B5: 0.35mg (3.5%), Iron: 0.54mg (2.99%), Folate: 9.21µg (2.3%), Vitamin B3: 0.28mg (1.4%), Vitamin K: 1.31µg (1.25%), Vitamin E: 0.16mg (1.09%)