



Blueberry Cheesecake Parfaits

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



161 kcal

DESSERT

Ingredients

- 1.5 cups blueberries fresh
- 8 ounces cream cheese at room temperature
- 3 graham crackers whole crushed
- 0.5 cup heavy whipping cream sour
- 6 tablespoons sugar
- 0.3 teaspoon vanilla extract

Equipment

- bowl

mixing bowl

hand mixer

Directions

Combine blueberries and 2 Tbsp. sugar in a bowl and mash about 1/4 of blueberries with a fork to release some juice.

Let stand, stirring once or twice, until sugar has dissolved, about 5 minutes.

Combine cream cheese, sour cream, remaining 1/4 cup sugar and vanilla in a large mixing bowl and beat with an electric mixer on medium-high speed until fluffy, about 3 minutes.

Spoon 2 Tbsp. of blueberry mixture into each of 4 parfait glasses. Top with a heaping tablespoonful of cream cheese mixture and 1/2 Tbsp. graham cracker crumbs. Repeat, layering, ending with graham cracker crumbs.

Serve immediately or cover and refrigerate for up to 8 hours before serving.

Nutrition Facts



PROTEIN 5.17% **FAT 57.53%** **CARBS 37.3%**

Properties

Glycemic Index:21.11, Glycemic Load:8.7, Inflammation Score:-3, Nutrition Score:2.5630434907001%

Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Petunidin: 7mg, Petunidin: 7mg, Petunidin: 7mg, Petunidin: 7mg Delphinidin: 7.87mg, Delphinidin: 7.87mg, Delphinidin: 7.87mg, Delphinidin: 7.87mg Malvidin: 15.01mg, Malvidin: 15.01mg, Malvidin: 15.01mg, Malvidin: 15.01mg Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 160.62kcal (8.03%), Fat: 10.55g (16.23%), Saturated Fat: 5.81g (36.34%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 14.71g (5.35%), Sugar: 11.62g (12.91%), Cholesterol: 29.69mg (9.9%), Sodium: 102.76mg (4.47%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Protein: 2.13g (4.27%), Vitamin A: 388.22IU (7.76%), Vitamin B2:

0.09mg (5.42%), Vitamin K: 4.93µg (4.7%), Phosphorus: 44.16mg (4.42%), Manganese: 0.08mg (3.94%), Calcium: 38.35mg (3.83%), Selenium: 2.44µg (3.49%), Vitamin C: 2.26mg (2.74%), Fiber: 0.68g (2.7%), Vitamin E: 0.37mg (2.44%), Potassium: 69.13mg (1.98%), Vitamin B5: 0.2mg (1.95%), Zinc: 0.27mg (1.79%), Magnesium: 7.01mg (1.75%), Vitamin B1: 0.03mg (1.69%), Vitamin B6: 0.03mg (1.66%), Iron: 0.27mg (1.51%), Folate: 6µg (1.5%), Vitamin B3: 0.28mg (1.42%), Vitamin B12: 0.07µg (1.23%), Copper: 0.02mg (1.03%)