



Blueberry-Lemon Parfaits

 **Gluten Free**  **Low Fod Map**

READY IN



75 min.

SERVINGS



15

CALORIES



157 kcal

DESSERT

Ingredients

- 0.5 cup planters almonds sliced
- 2 cups blueberries
- 3 Tbsp butter melted
- 14.1 oz jell-o no bake lemon meringue pie dessert
- 2 Tbsp sugar

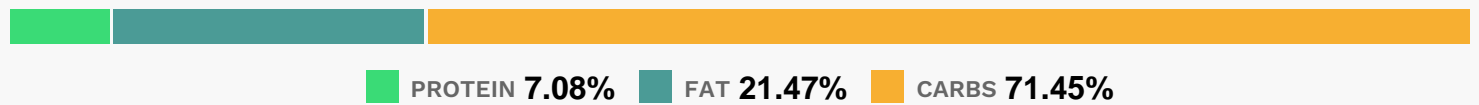
Equipment

- baking sheet
- oven

Directions

- Heat oven to 350F.
- Mix Crust, butter, sugar and nuts; spread onto parchment-covered baking sheet.
- Bake 5 to 6 min. or until toasted; cool. Meanwhile, prepare Filling and Whipped Topping as directed on package.
- Spoon Filling into 12 dessert dishes; top with Crust mixture, berries and Whipped Topping.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:11.34, Glycemic Load:2.1, Inflammation Score:-1, Nutrition Score:2.2073912950961%

Flavonoids

Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 157.06kcal (7.85%), Fat: 3.9g (6.01%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 29.24g (9.75%), Net Carbohydrates: 28.38g (10.32%), Sugar: 26.63g (29.58%), Cholesterol: 6.11mg (2.04%), Sodium: 142.69mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Manganese: 0.14mg (6.97%), Vitamin E: 0.96mg (6.42%), Phosphorus: 55.37mg (5.54%), Vitamin K: 4.01µg (3.82%), Copper: 0.07mg (3.72%), Fiber: 0.86g (3.43%), Vitamin B2: 0.06mg (3.25%), Selenium: 1.97µg (2.81%), Magnesium: 10.05mg (2.51%), Vitamin C: 1.91mg (2.32%), Vitamin A: 81.66IU (1.63%), Potassium: 40.25mg (1.15%), Iron: 0.2mg (1.14%), Calcium: 10.93mg (1.09%)