



Blueberry-Lime Parfaits

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



172 kcal

DESSERT

Ingredients

- 4 cups blueberries fresh divided
- 2 tablespoons juice of lime fresh
- 1 teaspoon lime rind grated
- 0.3 cup maple syrup
- 0.3 cup powdered sugar
- 0.3 cup mirin sweet
- 1 cup cup heavy whipping cream fat-free sour
- 0.5 teaspoon vanilla extract

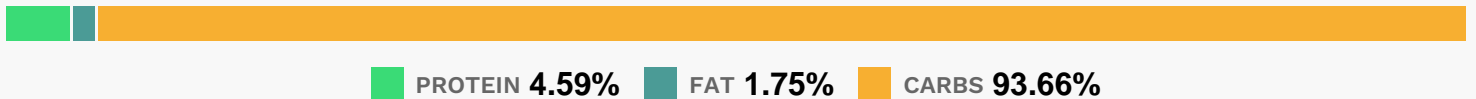
Equipment

- bowl
- sauce pan
- blender
- potato masher

Directions

- Place 2 cups blueberries in a large, heavy saucepan; press berries 2 times with a potato masher to slightly crush.
- Add wine, syrup, and juice; bring to a boil over medium-high heat, stirring occasionally. Cook for 5 minutes, stirring occasionally. Reduce heat to medium; cook 3 minutes or until mixture thickens, stirring frequently.
- Remove from heat; cool to room temperature. Stir in remaining 2 cups blueberries. Cover and chill at least 2 hours.
- Place cream cheese in a medium bowl; beat with a mixer at low speed until smooth.
- Add sugar, rind, and vanilla; beat well.
- Add sour cream; beat on low speed until just combined.
- Spoon about 2 1/2 tablespoons berry mixture into each of 6 (6-ounce) parfait glasses; top with about 1 1/2 tablespoons cream cheese mixture. Repeat layers with remaining berry and cream cheese mixtures.
- Sprinkle each serving with nutmeg, if desired.

Nutrition Facts



Properties

Glycemic Index:20.58, Glycemic Load:9.24, Inflammation Score:-4, Nutrition Score:6.7434781375139%

Flavonoids

Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg

Delphinidin: 34.96mg Malvidin: 66.7mg, Malvidin: 66.7mg, Malvidin: 66.7mg, Malvidin: 66.7mg Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg Catechin: 5.32mg, Catechin: 5.32mg, Catechin: 5.32mg, Catechin: 5.32mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 172.08kcal (8.6%), Fat: 0.33g (0.51%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 39.84g (13.28%), Net Carbohydrates: 37.44g (13.61%), Sugar: 27.48g (30.53%), Cholesterol: 3.45mg (1.15%), Sodium: 57.58mg (2.5%), Alcohol: 1.49g (100%), Alcohol %: 1.04% (100%), Protein: 1.95g (3.9%), Manganese: 0.76mg (38.03%), Vitamin B2: 0.33mg (19.38%), Vitamin K: 19.13µg (18.22%), Vitamin C: 11.17mg (13.54%), Fiber: 2.4g (9.59%), Calcium: 75.45mg (7.54%), Potassium: 181.96mg (5.2%), Phosphorus: 51.44mg (5.14%), Vitamin B1: 0.07mg (4.38%), Vitamin E: 0.57mg (3.83%), Magnesium: 15.3mg (3.83%), Vitamin B6: 0.07mg (3.39%), Zinc: 0.5mg (3.31%), Copper: 0.07mg (3.26%), Selenium: 2.19µg (3.13%), Vitamin A: 153.7IU (3.07%), Folate: 10.8µg (2.7%), Vitamin B3: 0.48mg (2.39%), Vitamin B12: 0.12µg (1.92%), Iron: 0.34mg (1.9%), Vitamin B5: 0.14mg (1.35%)