

Blueberry Parfaits

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



321 kcal

DESSERT

Ingredients

- 1.5 cups blueberries fresh thawed
- 0.5 cup brown sugar packed
- 1 tablespoon juice of lemon
- 1 teaspoon lemon zest grated
- 12 ounces cream sour
- 4 servings whipped cream

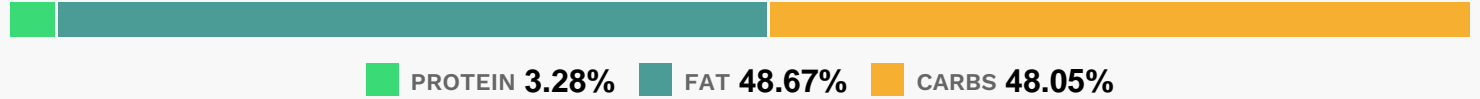
Equipment

- bowl

Directions

In a bowl, combine sour cream, brown sugar, lemon juice and peel. Cover and refrigerate. Just before serving, place half of the berries in dessert dishes or parfait glasses; top with half of the sour cream mixture. Repeat layers. Top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:3.1, Inflammation Score:-5, Nutrition Score:5.4534782184207%

Flavonoids

Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 321.01kcal (16.05%), Fat: 18.03g (27.73%), Saturated Fat: 9.44g (58.98%), Carbohydrates: 40.05g (13.35%), Net Carbohydrates: 38.65g (14.06%), Sugar: 35.7g (39.66%), Cholesterol: 54.74mg (18.25%), Sodium: 35.17mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Vitamin A: 601.4IU (12.03%), Calcium: 119.01mg (11.9%), Vitamin K: 12.1µg (11.52%), Manganese: 0.21mg (10.7%), Vitamin B2: 0.17mg (10.03%), Vitamin C: 8.25mg (9.99%), Phosphorus: 78.1mg (7.81%), Potassium: 199.1mg (5.69%), Fiber: 1.4g (5.59%), Selenium: 3.62µg (5.18%), Vitamin E: 0.68mg (4.57%), Vitamin B5: 0.42mg (4.16%), Vitamin B6: 0.08mg (4%), Magnesium: 15.27mg (3.82%), Vitamin B12: 0.2µg (3.27%), Copper: 0.06mg (3.08%), Vitamin B1: 0.04mg (2.73%), Zinc: 0.4mg (2.69%), Folate: 9.7µg (2.43%), Iron: 0.42mg (2.33%), Vitamin B3: 0.35mg (1.75%)