



Brownie and Raspberry Parfaits

READY IN



60 min.

SERVINGS



6

CALORIES



603 kcal

DESSERT

Ingredients

- 1 package brownie mix according to box instructions prepared cut in 3/4" cubes
- 6 servings milk chocolate shavings for garnish
- 8 oz philadelphia cream cheese
- 0.3 cup granulated sugar
- 0.5 cup marshmallows jet-puffed miniature
- 6 servings mint sprigs for garnish
- 18 oz raspberries frozen thawed

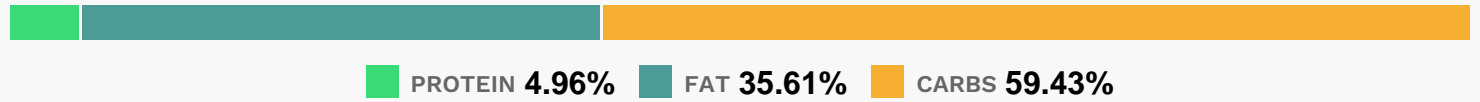
Equipment

- bowl
- microwave

Directions

- COMBINE raspberries and cup sugar in a medium bowl. Stir until well mixed. Set aside.
- COMBINE cream cheese and marshmallows in a medium microwave safe bowl,. Microwave for 30 seconds.
- Remove from microwave and stir to combine.
- PLACE a few brownie cubes in the bottom of 6 individual dessert cups.
- TOP brownies with 2 tablespoons of cream cheese mixture, then about 3 tablespoons of raspberries.
- GARNISH with chocolate shavings and mint and enjoy!

Nutrition Facts



Properties

Glycemic Index:30.6, Glycemic Load:9.62, Inflammation Score:-5, Nutrition Score:8.2834781822951%

Flavonoids

Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 603.2kcal (30.16%), Fat: 24.27g (37.34%), Saturated Fat: 10.09g (63.08%), Carbohydrates: 91.12g (30.37%), Net Carbohydrates: 85.43g (31.07%), Sugar: 58.42g (64.92%), Cholesterol: 38.24mg (12.75%), Sodium: 371.57mg (16.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.2%), Manganese: 0.6mg (29.98%), Vitamin C: 22.6mg (27.39%), Fiber: 5.69g (22.77%), Iron: 3.14mg (17.47%), Vitamin A: 578.69IU (11.57%), Vitamin B2: 0.12mg (7.3%), Vitamin E: 1.07mg (7.14%), Vitamin K: 7.5µg (7.14%), Phosphorus: 68.77mg (6.88%), Magnesium: 24.76mg (6.19%), Calcium: 61.19mg (6.12%), Folate: 22.44µg (5.61%), Potassium: 190.05mg (5.43%), Copper: 0.1mg (5.19%), Selenium: 3.63µg (5.18%), Vitamin B5: 0.5mg (5.02%), Zinc: 0.59mg (3.91%), Vitamin B6: 0.07mg (3.48%), Vitamin B3: 0.57mg (2.86%), Vitamin B1: 0.04mg (2.47%), Vitamin B12: 0.09µg (1.42%)