



Caramel-Macchiato Tiramisu Parfaits

 Gluten Free

READY IN



260 min.

SERVINGS



10

CALORIES



293 kcal

DESSERT

Ingredients

- 3.4 oz jell-o butterscotch flavor pudding instant
- 0.3 cup caramel ice cream topping
- 4 oz philadelphia cream cheese softened ()
- 1.5 cups milk cold
- 16 oz round cake frozen cut into 3/4-inch cubes
- 1.5 oz baker's semi-sweet chocolate grated
- 0.5 cup strong maxwell house coffee hot brewed
- 8 oz cool whip whipped topping divided thawed

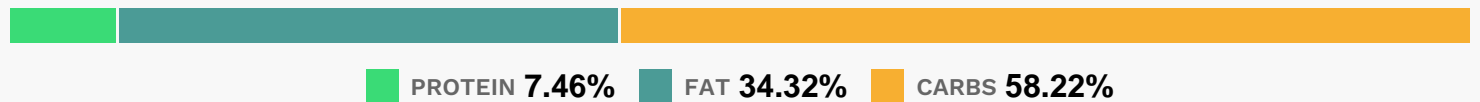
Equipment

- bowl
- blender

Directions

- Beat cream cheese in large bowl with mixer until creamy. Gradually beat in milk.
- Add dry pudding mix; beat 1 min. Gently stir in 2 cups COOL WHIP.
- Mix coffee and caramel topping until blended.
- Place half the cake cubes in 10 parfait glasses; drizzle with half the coffee mixture. Cover with half the cream cheese mixture, then 1/3 of the grated chocolate. Repeat layers.
- Top with remaining COOL WHIP and chocolate. Refrigerate 4 hours.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.82, Inflammation Score:-3, Nutrition Score:5.9021739673031%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 293.47kcal (14.67%), Fat: 11.26g (17.33%), Saturated Fat: 6.93g (43.33%), Carbohydrates: 42.98g (14.33%), Net Carbohydrates: 42.42g (15.42%), Sugar: 30.61g (34.01%), Cholesterol: 62.92mg (20.97%), Sodium: 384.94mg (16.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.4mg (2.8%), Protein: 5.51g (11.02%), Phosphorus: 145.59mg (14.56%), Vitamin B2: 0.24mg (13.94%), Calcium: 114.24mg (11.42%), Selenium: 6.77µg (9.68%), Vitamin B1: 0.14mg (9.51%), Iron: 1.55mg (8.6%), Manganese: 0.16mg (8.05%), Vitamin B12: 0.41µg (6.82%), Vitamin A: 306.01IU (6.12%), Folate: 23.56µg (5.89%), Magnesium: 20.5mg (5.12%), Potassium: 177.59mg (5.07%), Vitamin B3: 1.01mg (5.05%), Vitamin B5: 0.48mg (4.85%), Copper: 0.09mg (4.39%), Zinc: 0.59mg (3.94%), Vitamin D: 0.49µg (3.29%), Vitamin B6: 0.06mg (3.01%), Vitamin E: 0.4mg (2.64%), Fiber: 0.57g (2.27%), Vitamin K: 1.54µg (1.47%)