



Cheesecake Parfaits

 Vegetarian

READY IN



195 min.

SERVINGS



8

CALORIES



468 kcal

Ingredients

- ☐ 2 cups heavy whipping cream
- ☐ 6 ounce cheesecake pudding mix instant
- ☐ 1 cup milk
- ☐ 8 servings raspberries fresh
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 8 servings vanilla wafers
- ☐ 8 servings whipped cream

Equipment

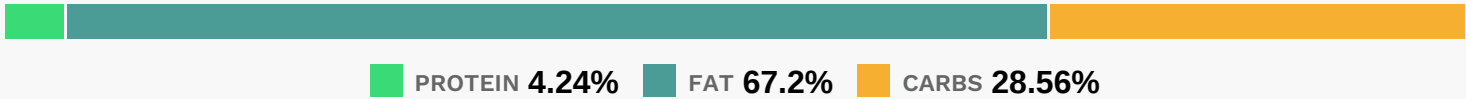
- ☐ bowl

☐ hand mixer

Directions

- ☐ In medium bowl, combine pudding mix, cream, milk, and sour cream. Beat at medium speed with an electric mixer until soft peaks form. Cover and chill 2 to 3 hours.
- ☐ In individual serving dishes, layer pudding mixture, vanilla wafers, and raspberries. Repeat layers, ending with raspberries, serve immediately. Top with whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:2.35, Inflammation Score:-7, Nutrition Score:9.4017391930456%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 467.55kcal (23.38%), Fat: 35.51g (54.63%), Saturated Fat: 20.96g (130.99%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 30.04g (10.93%), Sugar: 24.99g (27.76%), Cholesterol: 109.39mg (36.46%), Sodium: 345.06mg (15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.09%), Vitamin A: 1343.18IU (26.86%), Manganese: 0.41mg (20.51%), Vitamin C: 16.59mg (20.11%), Vitamin B2: 0.28mg (16.44%), Fiber: 3.91g (15.66%), Calcium: 155.92mg (15.59%), Phosphorus: 132.18mg (13.22%), Vitamin E: 1.34mg (8.94%), Vitamin D: 1.31µg (8.74%), Potassium: 274.41mg (7.84%), Vitamin K: 7.65µg (7.29%), Magnesium: 27.43mg (6.86%), Vitamin B5: 0.67mg (6.74%), Selenium: 4.7µg (6.71%), Vitamin B12: 0.4µg (6.63%), Vitamin B6: 0.1mg (4.92%), Zinc: 0.73mg (4.88%), Folate: 19.49µg (4.87%), Vitamin B1: 0.07mg (4.41%), Copper: 0.07mg (3.59%), Iron: 0.52mg (2.87%), Vitamin B3: 0.51mg (2.56%)