



Cheesy Apple Pie in a Glass

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

DESSERT

Ingredients

- ☐ 0.7 cup apple juice
- ☐ 0.3 cup brown sugar packed
- ☐ 1 cup vanilla yogurt fat-free frozen
- ☐ 0.8 cup cinnamon graham cracker crumbs low-fat divided crisp (8 crackers)
- ☐ 0.5 teaspoon ground allspice divided
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 3 ounces mascarpone cheese

- ☐ 3 tablespoons raisins
- ☐ 4 cups delicious apple red peeled thinly sliced (2 apples)
- ☐ 0.3 teaspoon rum flavoring
- ☐ 1.5 teaspoons vanilla extract

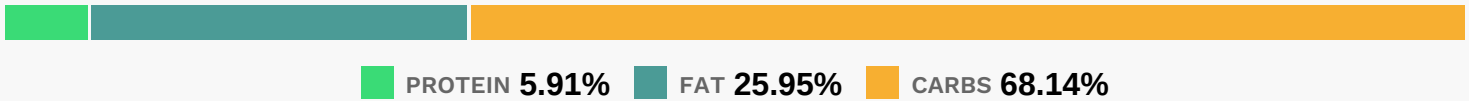
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 6 ingredients and 1/4 teaspoon allspice in a medium saucepan. Cook 20 minutes over medium-low heat until apples are tender and mixture is slightly thick.
- ☐ Remove apple mixture from heat; let cool. Stir in 1/4 teaspoon allspice, vanilla, rum flavoring, and mascarpone.
- ☐ Spoon 1/4 cup apple mixture into each of 4 parfait glasses; sprinkle each with 1 1/2 tablespoons crumbs. Top each with 1/4 cup yogurt, 1/4 cup apple mixture, and 1 1/2 tablespoons crumbs.
- ☐ Garnish with additional mascarpone cheese, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:77.64, Glycemic Load:19.73, Inflammation Score:-4, Nutrition Score:7.30478262383%

Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 11.36mg, Epicatechin: 11.36mg, Epicatechin: 11.36mg, Epicatechin: 11.36mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 398.46kcal (19.92%), Fat: 11.71g (18.02%), Saturated Fat: 6.41g (40.06%), Carbohydrates: 69.2g (23.07%), Net Carbohydrates: 64.44g (23.43%), Sugar: 45.85g (50.94%), Cholesterol: 22.49mg (7.5%), Sodium: 161.34mg (7.01%), Alcohol: 0.62g (100%), Alcohol %: 0.27% (100%), Protein: 6g (12%), Fiber: 4.75g (19.02%), Calcium: 167.97mg (16.8%), Phosphorus: 131.57mg (13.16%), Potassium: 441.17mg (12.6%), Vitamin B2: 0.21mg (12.35%), Manganese: 0.24mg (12%), Vitamin C: 7.28mg (8.83%), Magnesium: 32.68mg (8.17%), Vitamin A: 376.01IU (7.52%), Iron: 1.35mg (7.5%), Vitamin B1: 0.1mg (6.96%), Vitamin B6: 0.13mg (6.39%), Zinc: 0.86mg (5.74%), Selenium: 3.98µg (5.68%), Copper: 0.1mg (4.87%), Vitamin B3: 0.96mg (4.82%), Vitamin B12: 0.29µg (4.8%), Folate: 17.29µg (4.32%), Vitamin K: 3.58µg (3.41%), Vitamin E: 0.28mg (1.85%), Vitamin B5: 0.12mg (1.22%)