



Cherries Jubilee Ice Cream Parfaits

READY IN



45 min.

SERVINGS



4

CALORIES



461 kcal

DESSERT

Ingredients

- ☐ 12 ounce cherries frozen
- ☐ 16 chocolate cream cookies
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup sugar
- ☐ 2 cups whipped cream

Equipment

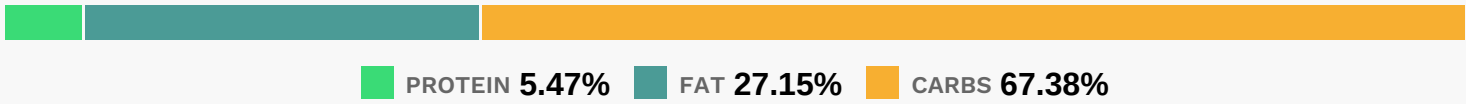
- ☐ bowl

☐ sauce pan

Directions

- ☐ In a saucepan over medium heat, combine the cherries, sugar, and orange juice. Bring it to a simmer. In a small bowl, stir together the cornstarch with 2 tablespoons water to make a slurry. Stir the slurry into the cherry mixture and simmer until it thickens, about 2 minutes.
- ☐ Remove from the heat and let cool.
- ☐ In parfait glasses, put a small scoop of ice cream, a spoonful or 2 of the cherry mixture, and some of the cookie pieces. Repeat 2 to 3 times to fill up the glass.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.65, Glycemic Load:37.83, Inflammation Score:-5, Nutrition Score:9.7413042472756%

Flavonoids

Cyanidin: 25.69mg, Cyanidin: 25.69mg, Cyanidin: 25.69mg, Cyanidin: 25.69mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 460.76kcal (23.04%), Fat: 14.32g (22.03%), Saturated Fat: 6.55g (40.96%), Carbohydrates: 79.97g (26.66%), Net Carbohydrates: 76.04g (27.65%), Sugar: 56.61g (62.9%), Cholesterol: 30mg (10%), Sodium: 331.66mg (14.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.8mg (1.6%), Protein: 6.49g (12.99%), Manganese: 0.4mg (20.13%), Vitamin B2: 0.32mg (18.89%), Vitamin C: 14.1mg (17.09%), Fiber: 3.93g (15.72%), Phosphorus: 153.42mg (15.34%), Copper: 0.3mg (14.86%), Iron: 2.34mg (12.98%), Potassium: 452.26mg (12.92%), Magnesium: 45.8mg (11.45%), Calcium: 112.29mg (11.23%), Vitamin B1: 0.16mg (10.76%), Folate: 33.91µg (8.48%),

Vitamin B3: 1.64mg (8.21%), Vitamin B5: 0.76mg (7.65%), Vitamin A: 369.05IU (7.38%), Zinc: 1.05mg (6.99%),
Selenium: 4.07µg (5.82%), Vitamin B6: 0.1mg (5.2%), Vitamin B12: 0.3µg (5.01%), Vitamin E: 0.61mg (4.06%), Vitamin
K: 3.15µg (3%)