



Cherry-Cheese Parfaits

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 21 ounce cherry pie filling canned
- ☐ 1 envelope gelatin powder unflavored
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 ounce cream cheese reduced-fat
- ☐ 12 ounce evaporated skimmed milk canned
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup water cold

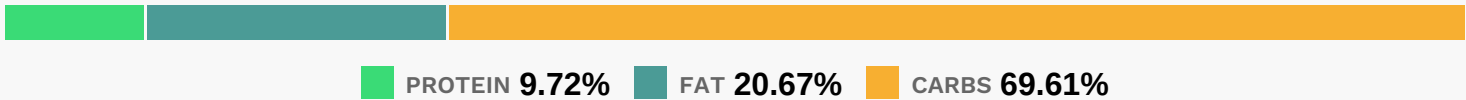
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Sprinkle gelatin over cold water in a small saucepan; let stand 1 minute. Cook over low heat, stirring until the gelatin dissolves.
- ☐ Combine sugar and next 3 ingredients in a medium bowl, and beat at medium speed of a mixer until smooth. Gradually add milk, beating at low speed until smooth.
- ☐ Add gelatin mixture; beat until blended.
- ☐ Spoon one heaping tablespoon of pie filling into each of 6 (6-ounce) stemmed glasses, and top with 1/2 cup cheese mixture. Cover and chill at least 3 hours.
- ☐ Spoon one heaping tablespoon of pie filling onto each serving; reserve remaining pie filling for another use (store reserved pie filling in an air-tight container in refrigerator).

Nutrition Facts



Properties

Glycemic Index:17.22, Glycemic Load:8.68, Inflammation Score:-4, Nutrition Score:5.4069565106993%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 260.44kcal (13.02%), Fat: 5.94g (9.14%), Saturated Fat: 3.49g (21.8%), Carbohydrates: 45.04g (15.01%), Net Carbohydrates: 44.43g (16.16%), Sugar: 16.38g (18.2%), Cholesterol: 22.11mg (7.37%), Sodium: 179.84mg (7.82%), Alcohol: 0.46g (100%), Alcohol %: 0.26% (100%), Protein: 6.29g (12.57%), Calcium: 143.05mg (14.3%), Phosphorus: 133.74mg (13.37%), Vitamin B12: 0.68µg (11.28%), Vitamin A: 527.88IU (10.56%), Vitamin B2: 0.17mg (9.8%), Potassium: 297.19mg (8.49%), Copper: 0.12mg (6.08%), Vitamin B5: 0.59mg (5.9%), Vitamin C: 4.54mg (5.5%),

Selenium: 3.57µg (5.1%), Vitamin D: 0.74µg (4.91%), Vitamin B1: 0.07mg (4.85%), Vitamin B6: 0.09mg (4.41%), Magnesium: 17.44mg (4.36%), Zinc: 0.53mg (3.51%), Folate: 13.13µg (3.28%), Fiber: 0.6g (2.41%), Manganese: 0.04mg (2.03%), Iron: 0.32mg (1.8%), Vitamin B3: 0.26mg (1.31%)