



## Cherry Cheesecake Parfaits

READY IN



21 min.

SERVINGS



4

CALORIES



396 kcal

### Ingredients

- 0.3 teaspoon almond extract
- 20 ounce cherry pie filling light canned
- 0.5 cup chocolate wafer cookie crumbs ( 10 wafers)
- 3.4 ounce cheesecake pudding mix instant
- 0.3 cup cream cheese light softened
- 1 cup milk 2% reduced-fat
- 4 maraschino cherries with stems
- 0.3 cup non-dairy whipped topping frozen thawed reduced-calorie

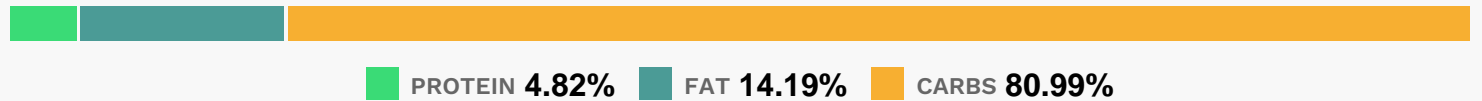
### Equipment

- bowl
- blender

## Directions

- Combine pudding mix and milk in a large bowl; beat with a mixer at low speed 2 minutes or until thick.
- Add cream cheese; beat 1 minute or until smooth.
- Combine pie filling and almond extract in a small bowl.
- Spoon 1 tablespoon cookie crumbs into each of 4 (6-ounce) stemmed glasses. Top each with 3 tablespoons pudding mixture and 1/4 cup pie filling. Repeat procedure one time. Dollop 1 tablespoon whipped topping onto each parfait. Top each dessert with a cherry.
- Serve immediately or chill until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:12.38, Glycemic Load:4.8, Inflammation Score:-4, Nutrition Score:5.9782609058463%

## Nutrients (% of daily need)

Calories: 395.52kcal (19.78%), Fat: 6.18g (9.5%), Saturated Fat: 3.26g (20.36%), Carbohydrates: 79.33g (26.44%), Net Carbohydrates: 77.84g (28.31%), Sugar: 30.73g (34.14%), Cholesterol: 13.19mg (4.4%), Sodium: 525.64mg (22.85%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 4.72g (9.45%), Phosphorus: 120.46mg (12.05%), Calcium: 118.99mg (11.9%), Vitamin B2: 0.2mg (11.84%), Copper: 0.19mg (9.72%), Vitamin A: 440.96IU (8.82%), Potassium: 304.04mg (8.69%), Vitamin B12: 0.47µg (7.88%), Manganese: 0.15mg (7.55%), Magnesium: 25.59mg (6.4%), Vitamin C: 5.22mg (6.33%), Vitamin B1: 0.09mg (6.26%), Fiber: 1.49g (5.95%), Iron: 0.97mg (5.36%), Selenium: 3.56µg (5.09%), Vitamin B5: 0.48mg (4.82%), Folate: 18.19µg (4.55%), Vitamin B6: 0.09mg (4.5%), Zinc: 0.61mg (4.07%), Vitamin B3: 0.68mg (3.39%), Vitamin E: 0.18mg (1.23%)