



Chocolate, Almond, and Banana Parfaits

READY IN



20 min.

SERVINGS



4

CALORIES



518 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds toasted sliced ()
- ☐ 3 tablespoons amaretto
- ☐ 8.5 inch angel food cake
- ☐ 24.3 inch banana (from 3 bananas)
- ☐ 0.5 cup chocolate chips
- ☐ 6 tablespoons cup heavy whipping cream divided
- ☐ 0.8 cup mascarpone cheese
- ☐ 2 tablespoons sugar

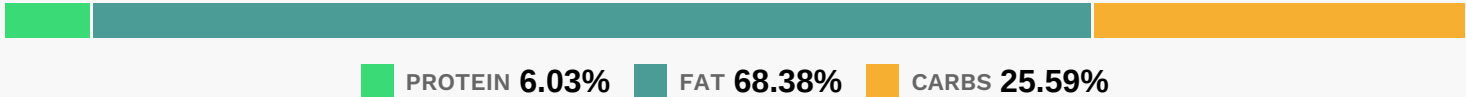
Equipment

- ☐ bowl
- ☐ cookie cutter
- ☐ microwave

Directions

- ☐ Heat chocolate chips and 4 tablespoons cream in microwave in 1-cup glass measuring cup at 50 percent power just until chocolate is melted, about 30 to 35 seconds. Stir to blend; cool chocolate sauce to lukewarm.
- ☐ Whisk mascarpone, amaretto, sugar, and remaining 2 tablespoons cream in medium bowl until blended and mixture just starts to thicken.
- ☐ Using 2 1/2-inch-diameter cookie cutter, cut out round from each angel food cake slice.
- ☐ Place 1 cake round in each of 4 wine goblets or old-fashioned glasses. Top each cake round with 3 banana slices, 1 heaping tablespoon mascarpone mixture, bittersweet chocolate sauce, and sprinkling of almonds. Repeat parfait layering 1 more time and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:33.72, Glycemic Load:5.97, Inflammation Score:-6, Nutrition Score:7.023913020673%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 517.61kcal (25.88%), Fat: 38.12g (58.64%), Saturated Fat: 23.84g (148.97%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 29.87g (10.86%), Sugar: 21.8g (24.23%), Cholesterol: 67.84mg (22.61%), Sodium: 82.13mg (3.57%), Alcohol: 2.92g (100%), Alcohol %: 2.79% (100%), Protein: 7.56g (15.12%), Vitamin A: 933.59IU (18.67%), Vitamin E: 2.54mg (16.93%), Calcium: 168.19mg (16.82%), Manganese: 0.25mg (12.71%), Vitamin B2: 0.19mg (11.37%), Phosphorus: 94.87mg (9.49%), Fiber: 2.23g (8.9%), Magnesium: 35.32mg (8.83%), Potassium: 286.1mg (8.17%), Zinc: 1.12mg (7.48%), Copper: 0.14mg (7.16%), Vitamin B6: 0.1mg (5.23%), Selenium: 3.21µg (4.58%), Iron: 0.66mg (3.66%), Vitamin B1: 0.05mg (3.46%), Vitamin B3: 0.65mg (3.27%), Vitamin B5: 0.32mg (3.2%), Folate: 12.79µg (3.2%), Vitamin K: 2.54µg (2.41%), Vitamin D: 0.36µg (2.4%), Vitamin C: 1.59mg (1.93%), Vitamin B12: 0.1µg (1.68%)