



## Chocolate Cake and Berry Parfaits

READY IN



15 min.

SERVINGS



8

CALORIES



321 kcal

DESSERT

### Ingredients

- 0.3 cup chocolate syrup
- 8 oz cool whip frozen thawed
- 0.5 cup raspberry jam red seedless
- 2 cups strawberries fresh quartered
- 1 cup raspberries fresh
- 1 cup blackberries fresh
- 11 oz chocolate cake mix frozen thawed cut into small cubes (4 cups)

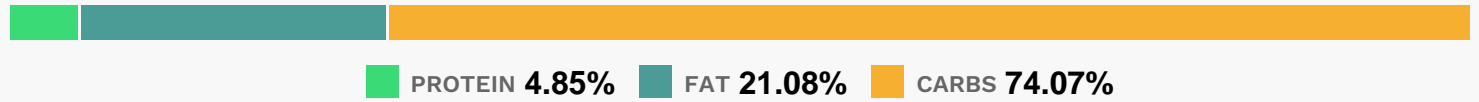
### Equipment

- bowl
- microwave

## Directions

- In medium bowl, fold chocolate syrup into whipped topping. Set aside.
- In large microwavable bowl, microwave raspberry jam on High 30 seconds or until melted.
- Add strawberries, raspberries and blackberries; toss until well coated.
- To assemble, divide 2 cups of the cake cubes evenly among 8 parfait, wine or champagne glasses.
- Layer each with half of the chocolate whipped topping and half of the berry mixture. Repeat layers with remaining 2 cups cake cubes, chocolate whipped topping and berries.
- Serve or refrigerate.

## Nutrition Facts



## Properties

Glycemic Index:18.25, Glycemic Load:9.15, Inflammation Score:-5, Nutrition Score:10.264347947162%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 321.37kcal (16.07%), Fat: 7.91g (12.17%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 62.57g (20.86%), Net Carbohydrates: 58.39g (21.23%), Sugar: 37.73g (41.92%), Cholesterol: 4.54mg (1.51%), Sodium: 356.24mg (15.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.85mg (1.62%), Protein: 4.1g (8.19%), Vitamin C: 30.77mg (37.29%), Manganese: 0.49mg (24.35%), Fiber: 4.18g (16.7%), Vitamin B2: 0.28mg (16.29%), Phosphorus: 157.61mg (15.76%), Copper: 0.29mg (14.55%), Iron: 2.43mg (13.48%), Folate: 47.8µg (11.95%), Calcium: 109.38mg (10.94%), Magnesium: 39.11mg (9.78%), Selenium: 6.49µg (9.27%), Potassium: 303.51mg (8.67%), Vitamin B1: 0.13mg (8.63%), Vitamin B12: 0.42µg (6.99%), Vitamin K: 7.14µg (6.8%), Vitamin E: 0.93mg (6.21%), Vitamin B3: 1.11mg (5.55%), Zinc: 0.69mg (4.6%), Vitamin B6: 0.09mg (4.27%), Vitamin B5: 0.2mg (2.03%), Vitamin A: 98.57IU (1.97%)