



Chocolate Cheesecake Parfaits

READY IN



200 min.

SERVINGS



8

CALORIES



565 kcal

DESSERT

Ingredients

- ☐ 2 cups chocolate-hazelnut pirouette cookies crushed
- ☐ 8 servings milk chocolate shavings sliced for garnish
- ☐ 1.5 cups chocolate chips dark
- ☐ 8 oz greek yogurt (lowfat ok)
- ☐ 1 cup heavy whipping cream
- ☐ 0.1 tsp kosher salt
- ☐ 0.3 cup milk whole
- ☐ 15 oz ricotta cheese (lowfat ok)
- ☐ 7 tbsp sugar divided

- ☐ 1 cups ginger tea bags
- ☐ 0.5 tsp vanilla extract

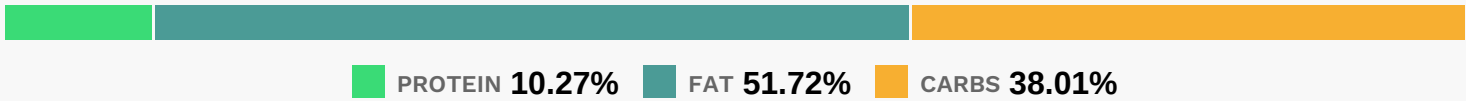
Equipment

- ☐ food processor
- ☐ mixing bowl
- ☐ hand mixer
- ☐ stand mixer
- ☐ rolling pin

Directions

- ☐ Save Recipe
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- ☐ Chocolate Cheesecake Parfaits
- ☐ Ingredients15 oz ricotta cheese (lowfat ok)8 oz Greek yogurt (lowfat ok)1 1/2 cups dark chocolate chips1/4 cup whole or lowfat milk7 tbsp sugar, divided2 tbsp amaretto or Grand Marnier (optional)1/2 tsp vanilla extract
- ☐ Heaping 1/8 tsp kosher salt1 cup heavy whipping cream2 cups chocolate cookies, crushed
- ☐ Chocolate shavings or sliced strawberries for garnish1 cup sliced almonds for garnish (optional)You will also needdouble boiler, stand mixer or hand mixer, mixing bowls, food processor or plastic storage bag and rolling pin, 8 parfait cups
- ☐ Prep Time: 20 Minutes
- ☐ Total Time: 3 Hours 20 Minutes
- ☐ Servings: 8 parfaits
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:18.32, Glycemic Load:17.37, Inflammation Score:-5, Nutrition Score:10.956521776707%

Nutrients (% of daily need)

Calories: 564.57kcal (28.23%), Fat: 32.8g (50.47%), Saturated Fat: 22.52g (140.75%), Carbohydrates: 54.25g (18.08%), Net Carbohydrates: 51.93g (18.88%), Sugar: 35.17g (39.07%), Cholesterol: 63.47mg (21.16%), Sodium: 300.84mg (13.08%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Caffeine: 3.66mg (1.22%), Protein: 14.66g (29.32%), Calcium: 282.15mg (28.21%), Phosphorus: 229.49mg (22.95%), Vitamin B2: 0.39mg (22.76%), Selenium: 15.06µg (21.51%), Zinc: 2.39mg (15.96%), Vitamin A: 696.69IU (13.93%), Manganese: 0.26mg (13.14%), Potassium: 414.49mg (11.84%), Copper: 0.22mg (11.21%), Iron: 1.88mg (10.44%), Magnesium: 40.72mg (10.18%), Vitamin B12: 0.59µg (9.89%), Fiber: 2.31g (9.26%), Vitamin B1: 0.11mg (7.62%), Folate: 29.95µg (7.49%), Vitamin E: 1.07mg (7.16%), Vitamin B5: 0.67mg (6.72%), Vitamin B3: 1.3mg (6.52%), Vitamin B6: 0.11mg (5.72%), Vitamin K: 4.89µg (4.65%), Vitamin D: 0.66µg (4.42%)