



Chocolate-Cranberry Parfaits

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



364 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 1 cup cranberries fresh
- ☐ 2 large egg yolks
- ☐ 2.5 cups milk fat-free divided
- ☐ 1.3 cups granulated sugar divided
- ☐ 0.3 cup mascarpone cheese
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces bittersweet chocolate chopped

- ☐ 0.5 cup sugar white
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 1 cup non-dairy whipped topping fat-free frozen thawed

Equipment

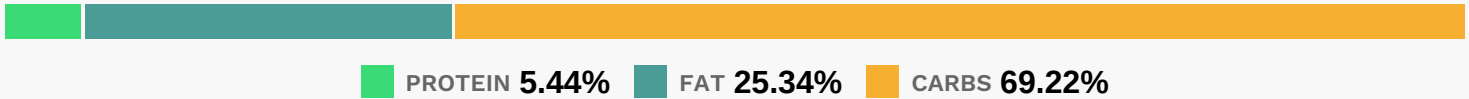
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ colander

Directions

- ☐ Combine 1 cup granulated sugar and 1 cup water in a small heavy saucepan over medium-high heat, stirring until sugar dissolves. Bring to a simmer; remove from heat.
- ☐ Combine the sugar syrup and cranberries in a small bowl. Cover and chill for 4 hours.
- ☐ Drain cranberries in a colander over a bowl, reserving liquid for another use, if desired.
- ☐ Place sparkling sugar in a shallow dish.
- ☐ Add cranberries, rolling to coat.
- ☐ Spread sugared cranberries in a single layer on a baking sheet; let stand at room temperature 1 hour or until dry.
- ☐ Combine remaining 1/3 cup granulated sugar, cornstarch, and salt in a large bowl, stirring well.
- ☐ Combine 1/2 cup milk and egg yolks in a small bowl, stirring with a whisk.
- ☐ Heat remaining 2 cups milk in a medium heavy saucepan to 180 or until tiny bubbles form around edge (do not boil). Stir egg yolk mixture into cornstarch mixture. Gradually add half of hot milk to sugar mixture, stirring constantly with a whisk.
- ☐ Add egg yolk mixture to pan; bring to a boil. Cook 1 minute, stirring constantly with a whisk.
- ☐ Remove from heat.

- ☐
- Add vanilla and chocolate, stirring until chocolate melts. Spoon pudding into a bowl; place bowl in a large ice-filled bowl for 15 minutes or until pudding cools, stirring occasionally. Cover surface of pudding with plastic wrap; chill 20 minutes.
- ☐
- Combine whipped topping and mascarpone in a bowl, stirring until well blended. Spoon about 1/3 cup pudding into each of 8 bowls or footed glasses; top each serving with about 3 tablespoons mascarpone mixture and about 2 tablespoons cranberries.

Nutrition Facts



Properties

Glycemic Index:18.54, Glycemic Load:24.99, Inflammation Score:-3, Nutrition Score:6.6965217434842%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 364.23kcal (18.21%), Fat: 10.38g (15.96%), Saturated Fat: 5.81g (36.28%), Carbohydrates: 63.79g (21.26%), Net Carbohydrates: 62.14g (22.6%), Sugar: 56.86g (63.17%), Cholesterol: 57.58mg (19.19%), Sodium: 120.89mg (5.26%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Caffeine: 12.19mg (4.06%), Protein: 5.01g (10.02%), Phosphorus: 143.65mg (14.36%), Calcium: 139.18mg (13.92%), Manganese: 0.25mg (12.37%), Vitamin B2: 0.2mg (11.59%), Vitamin B12: 0.69µg (11.52%), Copper: 0.2mg (10.03%), Magnesium: 36.55mg (9.14%), Selenium: 5.68µg (8.11%), Vitamin D: 1.07µg (7.14%), Vitamin A: 346.9IU (6.94%), Potassium: 238.12mg (6.8%), Fiber: 1.65g (6.59%), Iron: 1.12mg (6.23%), Zinc: 0.87mg (5.81%), Vitamin B5: 0.48mg (4.8%), Vitamin B1: 0.07mg (4.69%), Vitamin B6: 0.08mg (4.14%), Vitamin E: 0.37mg (2.44%), Folate: 9.45µg (2.36%), Vitamin C: 1.75mg (2.12%), Vitamin K: 1.7µg (1.62%), Vitamin B3: 0.26mg (1.3%)