



## Chocolate-Oatmeal Parfaits

READY IN



23 min.

SERVINGS



6

CALORIES



380 kcal

DESSERT

### Ingredients

- 3 tablespoons cornstarch
- 1 large eggs lightly beaten
- 2 cups milk fat-free
- 1.5 cups oatmeal granola quick
- 0.1 teaspoon salt
- 0.7 cup sugar
- 0.3 cup cocoa unsweetened
- 1 teaspoon vanilla extract
- 3 cups non-dairy whipped topping thawed reduced-fat

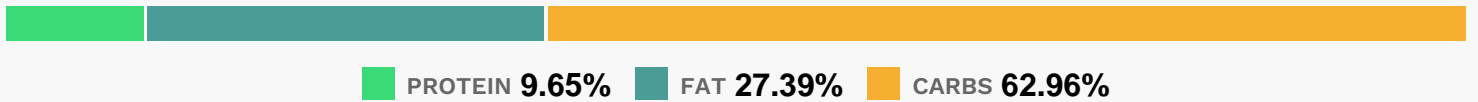
## Equipment

- bowl
- sauce pan
- whisk
- plastic wrap

## Directions

- Whisk together first 5 ingredients in a medium-size heavy saucepan over medium-high heat, and cook, whisking constantly, 5 minutes or until mixture is hot. Gradually whisk 1/3 cup hot milk mixture into egg in a small bowl.
- Whisk egg mixture into remaining hot milk mixture.
- Cook, whisking constantly, 3 minutes or until mixture thickens.
- Remove from heat; add chopped chocolate, stirring until chocolate melts and mixture is smooth. Stir in vanilla.
- Pour mixture into a glass bowl.
- Place heavy-duty plastic wrap directly on warm mixture (to keep a film from forming), and chill 2 hours or until completely cool.
- Layer 1 1/2 Tbsp. Quick Oatmeal Granola, 3 Tbsp. chocolate mixture, and 1/4 cup whipped topping into each of 6 (1 1/2-cup) parfait glasses. Repeat layers once; sprinkle each parfait with 1 Tbsp. granola.

## Nutrition Facts



## Properties

Glycemic Index:17.22, Glycemic Load:16.84, Inflammation Score:-4, Nutrition Score:11.534782504582%

## Flavonoids

Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 379.73kcal (18.99%), Fat: 11.99g (18.45%), Saturated Fat: 5.6g (35.01%), Carbohydrates: 62.03g (20.68%), Net Carbohydrates: 58.64g (21.33%), Sugar: 41.58g (46.2%), Cholesterol: 34.2mg (11.4%), Sodium: 132.47mg (5.76%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Caffeine: 10.99mg (3.66%), Protein: 9.51g (19.03%), Manganese: 1.01mg (50.51%), Phosphorus: 256.93mg (25.69%), Calcium: 171.84mg (17.18%), Magnesium: 65.22mg (16.31%), Selenium: 11.3µg (16.14%), Vitamin B2: 0.25mg (14.71%), Copper: 0.28mg (14.25%), Fiber: 3.39g (13.56%), Iron: 2.21mg (12.25%), Potassium: 378.28mg (10.81%), Vitamin B12: 0.64µg (10.74%), Vitamin B1: 0.15mg (10.33%), Vitamin E: 1.45mg (9.69%), Zinc: 1.45mg (9.69%), Vitamin D: 1.07µg (7.1%), Vitamin B5: 0.61mg (6.06%), Vitamin B6: 0.11mg (5.57%), Vitamin A: 239.35IU (4.79%), Folate: 18.57µg (4.64%), Vitamin B3: 0.54mg (2.68%), Vitamin K: 2.69µg (2.56%)