

Chocolate Parfaits

READY IN



20 min.

SERVINGS



6

CALORIES



203 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon chocolate freshly grated
- ☐ 0.8 cup chocolate graham cracker crumbs (4 cracker sheets)
- ☐ 1.4 oz chocolate pudding mix fat-free sugar-free instant
- ☐ 2 cups milk 1% low-fat
- ☐ 0.5 cup cup heavy whipping cream light sour
- ☐ 8 oz non-dairy whipped topping fat-free frozen divided thawed

Equipment

- ☐ bowl

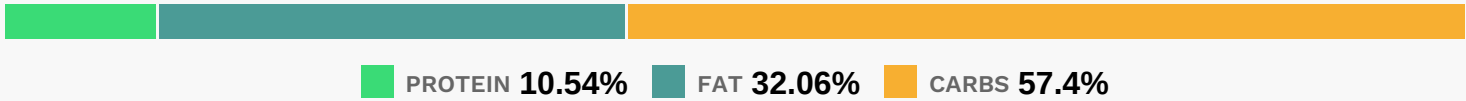
☐

whisk

Directions

- ☐ Whisk together first 3 ingredients in a bowl until blended and smooth. Fold in 1 1/2 cups whipped topping.
- ☐ Spoon 1 Tbsp. crumbs into each of 6 (4-oz.) glasses, and top with 1/3 cup pudding mixture. Repeat layers with remaining crumbs and pudding mixture. Top each parfait evenly with remaining whipped topping and grated chocolate. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:7.1, Glycemic Load:0.58, Inflammation Score:-3, Nutrition Score:5.7060869109371%

Nutrients (% of daily need)

Calories: 202.54kcal (10.13%), Fat: 7.38g (11.35%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 29.74g (9.91%), Net Carbohydrates: 29.21g (10.62%), Sugar: 18.53g (20.59%), Cholesterol: 16.69mg (5.56%), Sodium: 206.21mg (8.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Vitamin B2: 0.38mg (22.16%), Vitamin B12: 1.12µg (18.66%), Calcium: 168.35mg (16.84%), Phosphorus: 128.72mg (12.87%), Vitamin B1: 0.11mg (7.31%), Potassium: 229.29mg (6.55%), Vitamin D: 0.9µg (6.02%), Vitamin A: 283.2IU (5.66%), Selenium: 3.61µg (5.16%), Magnesium: 20.14mg (5.04%), Vitamin B6: 0.1mg (4.97%), Zinc: 0.63mg (4.2%), Vitamin B5: 0.29mg (2.87%), Folate: 10.38µg (2.59%), Copper: 0.05mg (2.43%), Fiber: 0.52g (2.1%), Manganese: 0.04mg (1.94%), Vitamin B3: 0.27mg (1.36%)