



Chocolate-Pecan Parfaits

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



288 kcal

DESSERT

Ingredients

- 0.5 cup chocolate syrup sugar-free
- 0.3 cup pecans chopped
- 2 cups vanilla fat-free

Equipment

Directions

- Spoon 1/4 cup ice cream into each of 4 parfait glasses; top each with 1 tablespoon chocolate syrup. Repeat procedure with remaining ice cream and chocolate syrup.
- Sprinkle 1 tablespoon chopped pecans over each serving.
- carbo rating: 15

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:9.25, Inflammation Score:-3, Nutrition Score:6.1382607947225%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 288.32kcal (14.42%), Fat: 12.59g (19.37%), Saturated Fat: 5.1g (31.86%), Carbohydrates: 40.94g (13.65%), Net Carbohydrates: 38.84g (14.13%), Sugar: 32.88g (36.53%), Cholesterol: 29.04mg (9.68%), Sodium: 79.8mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Manganese: 0.46mg (22.75%), Copper: 0.29mg (14.45%), Phosphorus: 136.55mg (13.65%), Vitamin B2: 0.19mg (10.94%), Magnesium: 41.86mg (10.46%), Calcium: 94.5mg (9.45%), Fiber: 2.09g (8.36%), Potassium: 243.27mg (6.95%), Zinc: 1.04mg (6.92%), Iron: 1.02mg (5.68%), Vitamin A: 281.67IU (5.63%), Vitamin B1: 0.08mg (5.03%), Vitamin B5: 0.45mg (4.47%), Vitamin B12: 0.26µg (4.29%), Selenium: 1.97µg (2.82%), Vitamin B6: 0.05mg (2.41%), Vitamin E: 0.3mg (2.01%), Folate: 5.55µg (1.39%), Vitamin B3: 0.28mg (1.39%)