



## Chocolate-Peppermint Parfaits

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



155 kcal

DESSERT

### Ingredients

- 1.8 cups milk fat-free
- 1.4 ounce chocolate pudding mix sugar-free instant
- 0.3 cup peppermint candies sugar-free hard divided crushed finely ( 11 candies)
- 2.3 cups non-dairy whipped topping fat-free frozen thawed

### Equipment

### Directions

- Set aside 1 tablespoon crushed candies. Fold remaining crushed candies into whipped topping; set aside 1/2 cup plus 2 tablespoons topping mixture. Spoon half of remaining whipped topping mixture evenly into 5 parfait glasses.
- Prepare pudding mix according to package directions, using fat-free milk.
- Layer half of pudding evenly over topping mixture in glasses. Repeat layers.
- Top each parfait with 2 tablespoons reserved topping mixture; sprinkle evenly with 1 tablespoon crushed candies.
- carbo rating: 31

## Nutrition Facts



### Properties

Glycemic Index:20.65, Glycemic Load:8.9, Inflammation Score:-2, Nutrition Score:4.9991304330204%

### Nutrients (% of daily need)

Calories: 155.35kcal (7.77%), Fat: 1.91g (2.93%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 30.33g (10.11%), Net Carbohydrates: 29.91g (10.88%), Sugar: 22.77g (25.31%), Cholesterol: 7.97mg (2.66%), Sodium: 172.89mg (7.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.27%), Vitamin B2: 0.33mg (19.15%), Vitamin B12: 1µg (16.61%), Calcium: 150.59mg (15.06%), Phosphorus: 120.42mg (12.04%), Vitamin B1: 0.1mg (6.58%), Vitamin D: 0.94µg (6.29%), Potassium: 198.39mg (5.67%), Vitamin A: 233.99IU (4.68%), Vitamin B6: 0.09mg (4.61%), Selenium: 2.93µg (4.18%), Magnesium: 16.56mg (4.14%), Zinc: 0.54mg (3.6%), Vitamin B5: 0.31mg (3.08%), Folate: 7.69µg (1.92%), Copper: 0.04mg (1.81%), Fiber: 0.42g (1.68%), Manganese: 0.03mg (1.59%), Vitamin B3: 0.24mg (1.21%)