



Coffee-Hazelnut Parfaits



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



181 kcal

Ingredients

- ☐ 8 coffee-hazelnut biscotti coarsely chopped
- ☐ 0.3 cup kahlúa-fudge sauce
- ☐ 6 servings triple-coffee ice cream instant

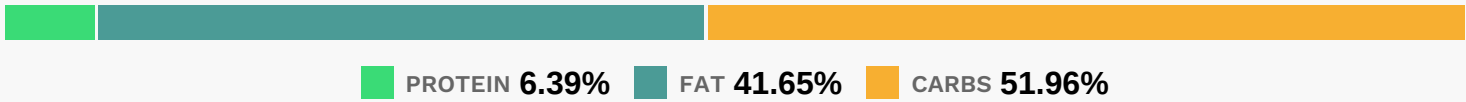
Equipment

Directions

- ☐ Place 1/4 cup Instant Triple-Coffee Ice Cream in 6 parfait glasses. Top each with 1 teaspoon Kahlúa-Fudge Sauce.

Sprinkle with half of chopped Coffee-Hazelnut Biscotti. Repeat layers.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:9.22, Inflammation Score:-2, Nutrition Score:3.3317391302275%

Nutrients (% of daily need)

Calories: 180.97kcal (9.05%), Fat: 8.39g (12.9%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 22.73g (8.26%), Sugar: 18.4g (20.44%), Cholesterol: 29.17mg (9.72%), Sodium: 96.65mg (4.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.79%), Vitamin B2: 0.17mg (10.06%), Calcium: 90.71mg (9.07%), Phosphorus: 81.63mg (8.16%), Vitamin A: 278.11IU (5.56%), Potassium: 167.97mg (4.8%), Vitamin B12: 0.26µg (4.42%), Vitamin B5: 0.4mg (4.02%), Magnesium: 15.36mg (3.84%), Zinc: 0.56mg (3.74%), Vitamin E: 0.53mg (3.54%), Fiber: 0.82g (3.27%), Copper: 0.06mg (2.96%), Manganese: 0.05mg (2.63%), Selenium: 1.48µg (2.11%), Vitamin B1: 0.03mg (2.1%), Vitamin B6: 0.03mg (1.71%), Iron: 0.22mg (1.25%)