



WHATSheATE



Coffee-Toffee Parfaits



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



16 kcal

DESSERT

Ingredients

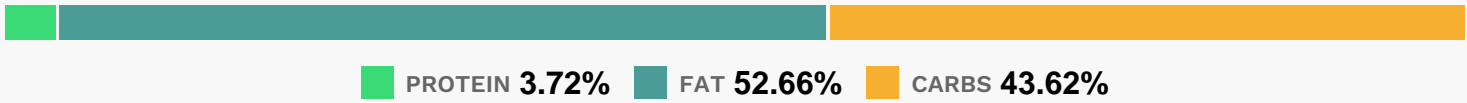
- ☐ 3 cups ice cubes
- ☐ 6 servings toffee candies
- ☐ 6 tablespoons non-dairy whipped topping frozen thawed reduced-calorie

Equipment

Directions

Spoon 1/4 cup Coffee Ice Milk into each of 6 parfait glasses; top each with 2 tablespoons Toffee Crunch. Repeat layers; top each parfait with 1 tablespoon whipped topping. Freeze until ready to serve.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:0.18260869610569%

Nutrients (% of daily need)

Calories: 15.68kcal (0.78%), Fat: 0.92g (1.41%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.71g (0.62%), Sugar: 1.7g (1.89%), Cholesterol: 1.13mg (0.38%), Sodium: 10.5mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.29%)