



Cookies and Cream Parfaits

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

DESSERT

Ingredients

- ☐ 0.3 cup lite chocolate syrup (such as Hershey's)
- ☐ 1 tablespoon coffee-flavored liqueur (such as Kahlúa)
- ☐ 1 cup coffee ice cream low-fat
- ☐ 1 cup whipped cream low-fat
- ☐ 4 cream-filled chocolate sandwich cookies crumbled reduced-fat (such as Oreos)

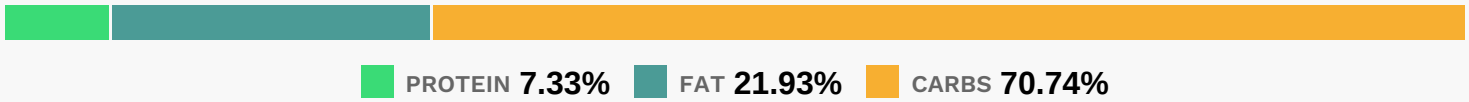
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine chocolate syrup and liqueur in a small bowl, stirring well with a whisk.
- ☐ Place 1/4 cup chocolate or vanilla ice cream into each of 4 glasses.
- ☐ Drizzle with 1 1/2 teaspoons chocolate syrup mixture and about 2 tablespoons crumbled cookies. Spoon 1/4 cup coffee ice cream over crumbs in each dish, and top with remaining syrup and cookies.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:7.99, Inflammation Score:-3, Nutrition Score:5.5182608106862%

Nutrients (% of daily need)

Calories: 257.65kcal (12.88%), Fat: 6.19g (9.52%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 43.84g (15.94%), Sugar: 32.74g (36.38%), Cholesterol: 20.52mg (6.84%), Sodium: 116.6mg (5.07%), Alcohol: 0.81g (100%), Alcohol %: 0.93% (100%), Protein: 4.66g (9.31%), Vitamin B2: 0.23mg (13.63%), Calcium: 127.5mg (12.75%), Phosphorus: 113.63mg (11.36%), Iron: 1.99mg (11.07%), Manganese: 0.16mg (7.84%), Copper: 0.15mg (7.45%), Magnesium: 28.47mg (7.12%), Vitamin A: 340.72IU (6.81%), Potassium: 228.16mg (6.52%), Vitamin B12: 0.36µg (5.95%), Zinc: 0.78mg (5.2%), Vitamin B1: 0.07mg (4.37%), Fiber: 1.06g (4.25%), Vitamin B5: 0.4mg (4.04%), Vitamin K: 3.69µg (3.51%), Selenium: 2.41µg (3.44%), Folate: 12.26µg (3.06%), Vitamin E: 0.39mg (2.61%), Vitamin B3: 0.48mg (2.38%), Vitamin B6: 0.04mg (1.9%), Vitamin C: 0.95mg (1.15%)