



Cookies-and-Cream Pudding Parfait

READY IN



16 min.

SERVINGS



10

CALORIES



211 kcal

DESSERT

Ingredients

- 1 cup chocolate-sandwich cookies chopped (8 cookies)
- 3 tablespoons cornstarch
- 1 large eggs
- 0.5 cup heavy cream
- 0.5 cup sugar
- 1 tablespoon butter unsalted
- 2 teaspoons vanilla extract
- 2 cups milk whole

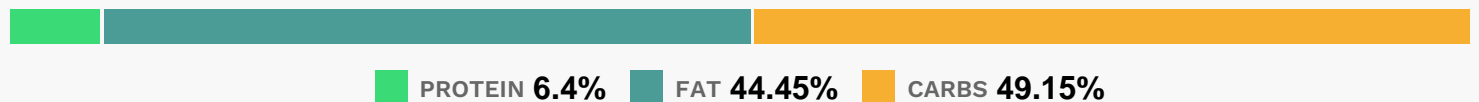
Equipment

- bowl
- frying pan
- whisk
- plastic wrap

Directions

- In a medium pan, warm milk and sugar over medium heat (do not boil), stirring until sugar dissolves. In a small bowl, whisk together cream, egg and cornstarch. Slowly whisk cream mixture into warm milk, whisking constantly.
- Cook, whisking constantly, until mixture is thick enough to coat back of a spoon, 4 to 6 minutes.
- Remove from heat; stir in vanilla and butter.
- Transfer to a bowl and cover with plastic wrap, pressing plastic directly onto surface of pudding. Refrigerate until cold, 1 1/2 hours; pudding will thicken as it cools.
- Divide half of pudding among 4 parfait glasses.
- Sprinkle with half of cookies. Repeat layering with remaining pudding and cookies.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:7.85, Inflammation Score:-3, Nutrition Score:4.5434782958549%

Nutrients (% of daily need)

Calories: 211.12kcal (10.56%), Fat: 10.56g (16.24%), Saturated Fat: 5.42g (33.9%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 25.78g (9.37%), Sugar: 19.31g (21.45%), Cholesterol: 40.91mg (13.64%), Sodium: 91.48mg (3.98%), Alcohol: 0.28g (100%), Alcohol %: 0.36% (100%), Protein: 3.42g (6.84%), Iron: 2.05mg (11.41%), Vitamin B2: 0.15mg (9.05%), Phosphorus: 81.67mg (8.17%), Calcium: 74.61mg (7.46%), Vitamin A: 316.29IU (6.33%), Manganese: 0.12mg (5.78%), Vitamin D: 0.85µg (5.65%), Vitamin B12: 0.33µg (5.49%), Selenium: 3.79µg (5.42%), Vitamin K: 5.02µg (4.78%), Vitamin B1: 0.06mg (4.23%), Vitamin E: 0.61mg (4.09%), Magnesium: 15.01mg (3.75%), Potassium: 130.64mg (3.73%), Vitamin B5: 0.34mg (3.39%), Folate: 12.63µg (3.16%), Copper: 0.06mg (3.08%), Zinc: 0.42mg

(2.77%), Vitamin B3: 0.48mg (2.41%), Vitamin B6: 0.05mg (2.32%), Fiber: 0.49g (1.94%)