



Cranberry Parfaits

READY IN



45 min.

SERVINGS



6

CALORIES



466 kcal

DESSERT

Ingredients

- 2 cups apples chopped
- 2 cups cranberries fresh thawed
- 6 ounce cream cheese softened
- 0.3 cup cream of coconut
- 0.8 cup cereal
- 2 cups marshmallows miniature
- 2 tablespoons powdered sugar
- 0.8 cup sugar
- 1 cup non-dairy whipped topping frozen thawed

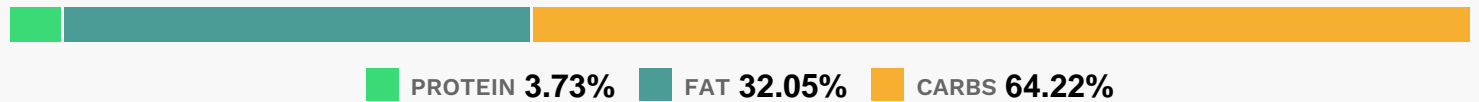
Equipment

- food processor
- bowl
- knife
- hand mixer

Directions

- Position knife blade in food processor bowl; add cranberries. Pulse until cranberries are chopped.
- Combine cranberries, marshmallows, and 3/4 cup sugar in a bowl, stirring gently. Cover and chill at least 2 hours.
- Fold in apple and whipped topping. Spoon mixture into 6 (4-ounce) parfait glasses, filling 3/4 full. Beat cream cheese, cream of coconut, and powdered sugar at medium speed of an electric mixer until smooth. Top parfaits with cream cheese mixture.
- Sprinkle with granola.

Nutrition Facts



Properties

Glycemic Index:39.1, Glycemic Load:28.84, Inflammation Score:-4, Nutrition Score:6.2513043258501%

Flavonoids

Cyanidin: 16.13mg, Cyanidin: 16.13mg, Cyanidin: 16.13mg, Cyanidin: 16.13mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.4mg, Peonidin: 16.4mg, Peonidin: 16.4mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 466.27kcal (23.31%), Fat: 17.11g (26.32%), Saturated Fat: 9.97g (62.3%), Carbohydrates: 77.14g (25.71%), Net Carbohydrates: 73.58g (26.76%), Sugar: 61.01g (67.79%), Cholesterol: 28.88mg (9.63%), Sodium: 125.99mg (5.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.95%), Manganese: 0.55mg (27.44%), Fiber: 3.56g (14.23%), Phosphorus: 94mg (9.4%), Vitamin E: 1.41mg (9.39%), Vitamin A: 432.48IU (8.65%), Selenium: 5.86µg (8.37%), Vitamin C: 6.6mg (8%), Vitamin B2: 0.13mg (7.46%), Calcium: 55.43mg (5.54%), Magnesium: 21.72mg (5.43%), Potassium: 181.85mg (5.2%), Copper: 0.1mg (4.93%), Iron: 0.89mg (4.92%), Vitamin B1: 0.07mg (4.5%), Vitamin K: 4.25µg (4.05%), Vitamin B5: 0.37mg (3.73%), Vitamin B6: 0.07mg (3.66%), Zinc: 0.52mg (3.44%), Folate: 9.86µg (2.47%), Vitamin B12: 0.1µg (1.63%), Vitamin B3: 0.27mg (1.34%)