



Creamy Apricot-Ginger Parfait

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

DESSERT

Ingredients

- ☐ 12 gingersnaps thin
- ☐ 4 ounce goat cheese
- ☐ 0.3 cup heavy cream
- ☐ 0.7 cup yogurt plain low-fat
- ☐ 3 tablespoons sugar
- ☐ 8 tablespoons low-sugar apricot preserves

Equipment

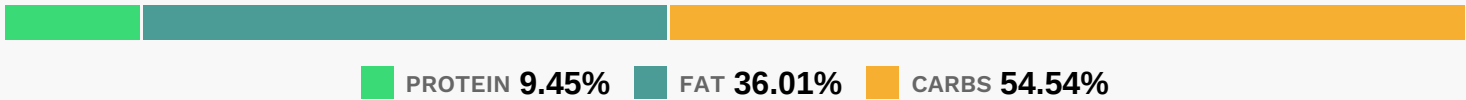
- ☐ food processor

- ☐ bowl
- ☐ whisk
- ☐ stand mixer

Directions

- ☐ Place goat cheese, yogurt, and sugar in a food processor; process until smooth.
- ☐ Transfer to a bowl.
- ☐ Place cream in a medium bowl; beat with a whisk or in a stand mixer until soft peaks form (about 2 minutes). Fold cream into goat cheese mixture. Spoon 1 tablespoon low-sugar apricot preserves into each of 4 glasses; top each with a little less than 1/4 cup goat cheese mixture and 2 gingersnaps, crushed. Repeat layering with the same amount of jam and cream; top each parfait with 1 crushed cookie.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:6.28, Inflammation Score:-5, Nutrition Score:7.9691303553789%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 386.81kcal (19.34%), Fat: 15.94g (24.52%), Saturated Fat: 9.62g (60.13%), Carbohydrates: 54.31g (18.1%), Net Carbohydrates: 53.73g (19.54%), Sugar: 34.23g (38.03%), Cholesterol: 37.9mg (12.63%), Sodium: 270.9mg (11.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.83%), Manganese: 0.37mg (18.65%), Vitamin B2: 0.3mg (17.91%), Phosphorus: 161.51mg (16.15%), Copper: 0.32mg (15.98%), Calcium: 151.76mg (15.18%), Vitamin A: 687.65IU (13.75%), Iron: 2.14mg (11.86%), Folate: 27.36µg (6.84%), Selenium: 4.66µg (6.66%), Potassium: 225.4mg (6.44%), Vitamin B6: 0.13mg (6.32%), Magnesium: 24.76mg (6.19%), Vitamin B5: 0.57mg (5.72%), Vitamin B1: 0.08mg (5.59%), Zinc: 0.81mg (5.41%), Vitamin B12: 0.31µg (5.24%), Vitamin C: 3.97mg (4.81%), Vitamin B3: 0.88mg (4.38%), Vitamin E: 0.5mg (3.34%), Vitamin D: 0.43µg (2.87%), Fiber: 0.58g (2.33%), Vitamin K: 1.75µg (1.67%)