



## Creamy Mocha Berry Parfait

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



186 kcal

DESSERT

### Ingredients

- 1 cup poached berries mixed fresh (such as strawberries, raspberries)
- 0.3 tsp brandy extract
- 1 Tbsp philadelphia cream cheese softened
- 1 tsp maxwell house coffee dissolved in 1 tbsp. warm water instant
- 1 oz baker's semi-sweet chocolate divided finely grated
- 1 tsp sugar
- 0.3 cup cool whip whipped topping thawed

### Equipment

bowl

whisk

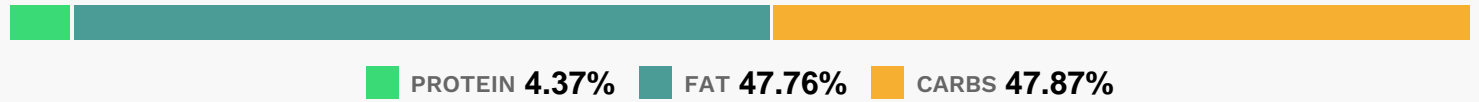
## Directions

Mix cream cheese, sugar, brandy extract and dissolved coffee in small bowl with wire whisk until well blended. Gently stir in whipped topping and half of the chocolate.

Place 1/2 cup berries in each of 2 parfait glasses or dessert dishes. Top evenly with cream cheese mixture; sprinkle with remaining chocolate.

Serve immediately or refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:56.05, Glycemic Load:1.57, Inflammation Score:-3, Nutrition Score:4.9147826070371%

## Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

## Nutrients (% of daily need)

Calories: 186.27kcal (9.31%), Fat: 10.07g (15.49%), Saturated Fat: 6.04g (37.76%), Carbohydrates: 22.7g (7.57%), Net Carbohydrates: 19.48g (7.08%), Sugar: 17.07g (18.97%), Cholesterol: 8.42mg (2.81%), Sodium: 34.17mg (1.49%), Alcohol: 0.21g (100%), Alcohol %: 0.23% (100%), Caffeine: 27.89mg (9.3%), Protein: 2.07g (4.15%), Manganese: 0.31mg (15.56%), Vitamin K: 14.29µg (13.61%), Fiber: 3.23g (12.91%), Copper: 0.21mg (10.3%), Magnesium: 31.99mg (8%), Phosphorus: 63.93mg (6.39%), Iron: 1.08mg (6%), Potassium: 162.17mg (4.63%), Vitamin E: 0.58mg (3.87%), Vitamin B2: 0.06mg (3.78%), Vitamin B3: 0.68mg (3.41%), Selenium: 2.27µg (3.24%), Zinc: 0.48mg (3.21%), Calcium: 31.62mg (3.16%), Vitamin A: 149.35IU (2.99%), Vitamin B6: 0.06mg (2.86%), Vitamin C: 1.94mg (2.35%), Vitamin B1: 0.03mg (2.24%), Vitamin B5: 0.18mg (1.81%), Folate: 6.45µg (1.61%), Vitamin B12: 0.07µg (1.11%)