



Crema-Grape Parfaits

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



114 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons firmly brown sugar packed
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.5 teaspoon orange peel grated
- ☐ 2 cups grapes red seedless rinsed drained

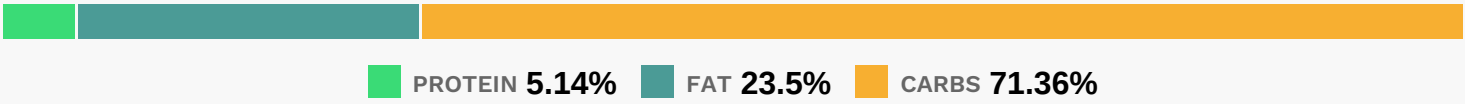
Equipment

- ☐ bowl

Directions

- ☐
- Combine sour cream and orange peel.
- ☐
- Divide grapes among 4 stemmed glasses or small bowls. Spoon sour cream over grapes and sprinkle equally brown sugar.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:5.97, Inflammation Score:-1, Nutrition Score:3.0221739320651%

Nutrients (% of daily need)

Calories: 114.24kcal (5.71%), Fat: 3.17g (4.88%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 21.66g (7.22%), Net Carbohydrates: 20.95g (7.62%), Sugar: 17.59g (19.54%), Cholesterol: 10.06mg (3.35%), Sodium: 27.06mg (1.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin K: 11.17µg (10.64%), Potassium: 213.66mg (6.1%), Calcium: 53.47mg (5.35%), Copper: 0.1mg (5.18%), Vitamin B2: 0.09mg (5.15%), Vitamin B1: 0.06mg (4.26%), Vitamin B6: 0.07mg (3.68%), Vitamin C: 3.01mg (3.65%), Phosphorus: 35.81mg (3.58%), Vitamin A: 145.18IU (2.9%), Manganese: 0.06mg (2.87%), Fiber: 0.71g (2.82%), Magnesium: 8.76mg (2.19%), Vitamin B12: 0.12µg (2.01%), Iron: 0.34mg (1.87%), Vitamin E: 0.23mg (1.54%), Selenium: 1.04µg (1.49%), Zinc: 0.2mg (1.33%), Folate: 4.81µg (1.2%)