



Double Chocolate-Berry Parfait

 Gluten Free

READY IN



2 min.

SERVINGS



1

CALORIES



764 kcal

DESSERT

Ingredients

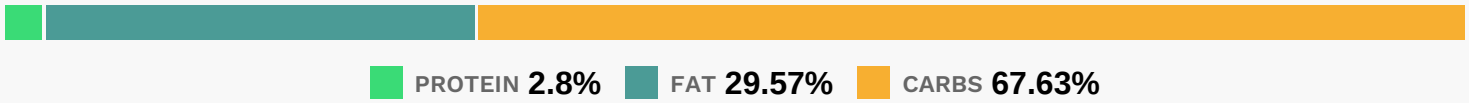
- ☐ 2.5 ounce double-chocolate muffin with chocolate chips (such as weight watchers) low-fat
- ☐ 3.5 ounce chocolate pudding cup sugar-free (such as Jell-O)
- ☐ 0.5 cup strawberries fresh sliced (5 to 6)
- ☐ 1 tablespoon non-dairy whipped topping fat-free frozen thawed

Equipment

Directions

- ☐
- Remove muffin from wrapper, and coarsely crumble. In a stemmed glass, layer 1/3 each of crumbled muffin, pudding, and strawberries. Repeat layers twice. Top with whipped topping.
- ☐
- Serve immediately, or chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:82.6, Glycemic Load:18.21, Inflammation Score:-6, Nutrition Score:14.596956453893%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 764.14kcal (38.21%), Fat: 26.57g (40.87%), Saturated Fat: 15.19g (94.94%), Carbohydrates: 136.68g (45.56%), Net Carbohydrates: 127.75g (46.46%), Sugar: 108.06g (120.07%), Cholesterol: 0.72mg (0.24%), Sodium: 1433.2mg (62.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 53.72mg (17.91%), Protein: 5.66g (11.33%), Vitamin C: 42.34mg (51.32%), Manganese: 0.99mg (49.61%), Copper: 0.79mg (39.67%), Fiber: 8.93g (35.71%), Magnesium: 134.46mg (33.61%), Iron: 3.53mg (19.63%), Phosphorus: 195.97mg (19.6%), Potassium: 554.72mg (15.85%), Vitamin B2: 0.27mg (15.79%), Zinc: 1.79mg (11.95%), Vitamin K: 7.55µg (7.19%), Selenium: 4.89µg (6.98%), Folate: 23.15µg (5.79%), Vitamin B3: 1mg (5.01%), Calcium: 45.3mg (4.53%), Vitamin B6: 0.08mg (4.09%), Vitamin B1: 0.05mg (3.2%), Vitamin E: 0.47mg (3.11%), Vitamin B5: 0.17mg (1.65%), Vitamin B12: 0.07µg (1.11%)