



Dreamy Cookie Parfaits

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



53 kcal

Ingredients

- 8 chocolate chip cookie mix (2 inch)
- 2 cups fruit such as chopped mangoes, raspberries and sliced peeled peaches assorted
- 0.5 cup cool whip whipped topping thawed

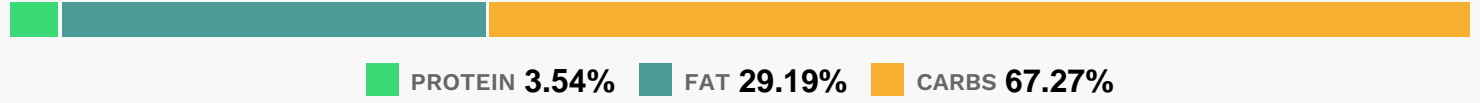
Equipment

Directions

- Crumble 1 of the cookies into each of 4 beverage glasses or parfait dishes.
- Top each with layers of 1/4 cup fruit and 1 Tbsp. whipped topping; repeat layers.

- Crush 1 of the remaining cookies over each dessert.
- Serve immediately or cover and refrigerate up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:3.24, Glycemic Load:1.85, Inflammation Score:-1, Nutrition Score:0.82695653257163%

Nutrients (% of daily need)

Calories: 53.12kcal (2.66%), Fat: 1.77g (2.73%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 8.52g (3.1%), Sugar: 6.05g (6.72%), Cholesterol: 0.52mg (0.17%), Sodium: 24.44mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Fiber: 0.67g (2.68%), Vitamin A: 97.28IU (1.95%), Vitamin B1: 0.02mg (1.58%), Vitamin K: 1.53µg (1.46%), Vitamin B3: 0.24mg (1.22%), Vitamin B2: 0.02mg (1.2%), Copper: 0.02mg (1.2%), Potassium: 41.33mg (1.18%), Folate: 4.64µg (1.16%)