

SUMMER

# Gingered Ice Cream Parfaits

5 October 2026

| TOTAL TIME | SERVES | PER SERVING | CALORIES |
|------------|--------|-------------|----------|
| 45 min     | 4      | \$0.51      | 226 kcal |

Gingered Ice Cream Parfaits takes roughly 45 minutes from beginning to end. For 51 cents per serving, this recipe covers 5% of your daily requirements of vitamins and minerals. One portion of this dish contains roughly 5g of protein, 5g of fat, and a total of 226 calories. This recipe serves 4.

## Ingredients

- ☐ 2 tablespoons finely chopped crystallized ginger
- ☐ 10 small gingersnap cookies
- ☐ 2 cups low-fat vanilla ice cream

## Method

- 1

Crush 10 small gingersnap cookies into crumbs. Slightly soften 2 cups low-fat vanilla ice cream; stir in 2 tablespoons finely chopped crystallized ginger. To assemble, layer crushed gingersnaps and ice cream mixture in 4 small parfait dishes, beginning and ending with gingersnaps.

## Nutrition per serving

**226**

KCAL

**5 g**

PROTEIN

**5 g**

FAT

**40 g**

CARBS

|               |                             |
|---------------|-----------------------------|
| Saturated Fat | 2.7 g · 17% of daily needs  |
| Fibre         | 0.6 g · 2% of daily needs   |
| Sugar         | 24.1 g · 27% of daily needs |
| Sodium        | 154 mg · 7% of daily needs  |
| Cholesterol   | 20.5 mg · 7% of daily needs |
| Vitamin C     | 0.9 mg · 1% of daily needs  |

Adapted from My Recipes. Find this recipe, ratings and more ideas at [whatsheate.com/gingered-ice-cream-parfaits-148061](https://whatsheate.com/gingered-ice-cream-parfaits-148061)