



Halloween Snake-Bite Parfaits

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 1 box strawberry gelatin (4-serving size)
- ☐ 0.5 teaspoon ground pepper red (cayenne)
- ☐ 0.8 cup water boiling
- ☐ 10 oz strawberries light frozen thawed
- ☐ 8 oz cream cheese softened
- ☐ 2 tablespoons sugar
- ☐ 6 oz vanilla yogurt french yoplait®
- ☐ 0.5 teaspoon vanilla

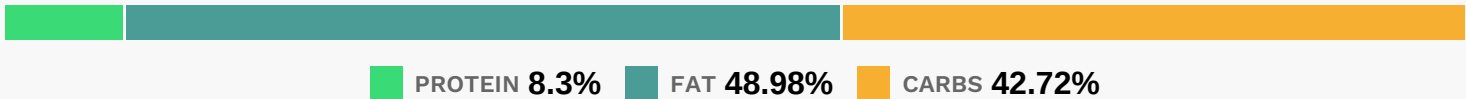
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In small bowl, mix gelatin and red pepper.
- ☐ Pour boiling water on gelatin; stir until gelatin is dissolved. Stir in strawberries in syrup. Refrigerate 15 minutes; stir. If not thickened, refrigerate about 15 minutes longer or until thickened but not firm.
- ☐ In large bowl, beat cream cheese and sugar with electric mixer on low speed until blended.
- ☐ Add yogurt and vanilla; beat until blended. Scoop rounded tablespoonful in each of 8 (4- to 5-oz) liquor glasses or plastic cups. DO NOT LEVEL OUT.
- ☐ Spoon 2 tablespoons strawberry mixture over cream cheese mixture on each. DO NOT LEVEL OUT. Top each with rounded tablespoonful cream cheese mixture, then strawberry mixture.

Nutrition Facts



Properties

Glycemic Index:21.14, Glycemic Load:3.33, Inflammation Score:-4, Nutrition Score:4.5526086973107%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.81mg, Pelargonidin: 8.81mg, Pelargonidin: 8.81mg, Pelargonidin: 8.81mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

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Nutrients (% of daily need)

Calories: 181.78kcal (9.09%), Fat: 10.16g (15.62%), Saturated Fat: 5.91g (36.92%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 19.18g (6.98%), Sugar: 17.91g (19.9%), Cholesterol: 29.7mg (9.9%), Sodium: 154.12mg (6.7%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 3.87g (7.75%), Vitamin C: 21.1mg (25.58%), Vitamin A: 446.14IU (8.92%), Phosphorus: 82.91mg (8.29%), Manganese: 0.15mg (7.26%), Vitamin B2: 0.12mg (7.18%), Calcium: 70.75mg (7.08%), Selenium: 4.36µg (6.23%), Potassium: 141.9mg (4.05%), Folate: 13.85µg (3.46%), Vitamin B5: 0.32mg (3.25%), Fiber: 0.74g (2.97%), Vitamin B12: 0.18µg (2.92%), Magnesium: 11.21mg (2.8%), Vitamin E: 0.39mg (2.59%), Zinc: 0.37mg (2.5%), Vitamin B6: 0.05mg (2.27%), Copper: 0.04mg (2.09%), Vitamin B1: 0.02mg (1.65%), Vitamin K: 1.5µg (1.43%), Iron: 0.22mg (1.2%)