



Healthified Tiramisu Parfaits

READY IN



90 min.

SERVINGS



8

CALORIES



140 kcal

DESSERT

Ingredients

- ☐ 0.3 cup baker's chocolate grated
- ☐ 3 oz ladyfingers soft cut into 1/2-inch cubes
- ☐ 0.8 cup part-skim ricotta reduced-fat
- ☐ 0.5 cup powdered sugar
- ☐ 2 tablespoons strong coffee decoction cold brewed
- ☐ 1 teaspoon vanilla
- ☐ 6 oz vanilla yogurt fat free french 99% yoplait®

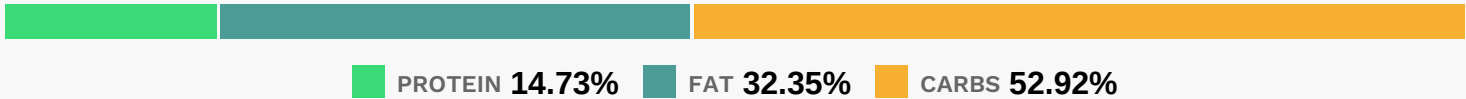
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Beat in ricotta cheese, powdered sugar and vanilla until creamy. Beat in yogurt until well blended. In small bowl, mix espresso and liqueur.
- ☐ In 8 small parfait glasses or clear drinking glasses, layer half of the ladyfingers, half of the espresso mixture and half of the cheese mixture.
- ☐ Sprinkle each with about 3/4 teaspoon grated chocolate. Repeat layers.
- ☐ Cover; refrigerate at least 1 hour to blend flavors but no longer than 4 hours. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.4699999942728%

Flavonoids

Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg Epicatechin: 5.85mg, Epicatechin: 5.85mg, Epicatechin: 5.85mg, Epicatechin: 5.85mg

Nutrients (% of daily need)

Calories: 140.28kcal (7.01%), Fat: 5.23g (8.05%), Saturated Fat: 3.02g (18.88%), Carbohydrates: 19.26g (6.42%), Net Carbohydrates: 18.46g (6.71%), Sugar: 10.44g (11.6%), Cholesterol: 31.77mg (10.59%), Sodium: 59.98mg (2.61%), Alcohol: 0.17g (100%), Alcohol %: 0.31% (100%), Caffeine: 4.78mg (1.59%), Protein: 5.36g (10.72%), Calcium: 108.97mg (10.9%), Phosphorus: 106.28mg (10.63%), Manganese: 0.2mg (10.14%), Vitamin B2: 0.14mg (8.24%), Copper: 0.16mg (7.75%), Selenium: 5.3µg (7.58%), Iron: 1.22mg (6.78%), Zinc: 1.01mg (6.72%), Magnesium: 21.82mg (5.46%), Vitamin B12: 0.26µg (4.33%), Folate: 14.78µg (3.69%), Potassium: 124.58mg (3.56%), Vitamin B1: 0.05mg (3.38%), Fiber: 0.79g (3.16%), Vitamin A: 157.53IU (3.15%), Vitamin B5: 0.31mg (3.09%), Vitamin B3: 0.33mg (1.65%), Vitamin B6: 0.03mg (1.42%)