



## Key Lime-and-Mango Yogurt Parfaits

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



695 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon cornstarch
- ☐ 1 egg yolk
- ☐ 2 large eggs
- ☐ 2 tablespoons key lime juice
- ☐ 2 cups yogurt plain low-fat
- ☐ 2 mangoes peeled seeded
- ☐ 2 cups milk

- ☐ 12 ounce round cake frozen
- ☐ 6 servings garnishes: strawberries fresh toasted
- ☐ 12 strawberries fresh sliced
- ☐ 0.3 cup strawberry jam
- ☐ 0.3 cup sugar
- ☐ 0.3 cup sugar divided
- ☐ 1 cup whipping cream

## Equipment

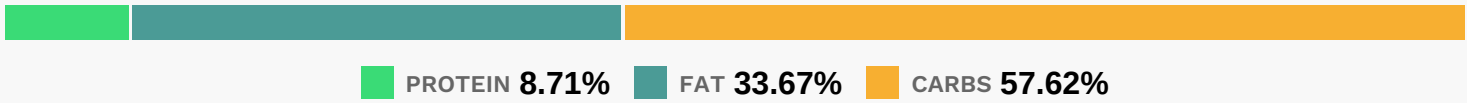
- ☐ sauce pan
- ☐ blender
- ☐ hand mixer

## Directions

- ☐ Bring milk, butter, and half of sugar to a simmer in a heavy saucepan.
- ☐ Beat remaining sugar, eggs, egg yolk, and cornstarch at medium-low speed with an electric mixer until blended. Slowly pour half of hot milk mixture into egg mixture, beating at low speed. Beat in remaining hot mixture. Cook over medium heat about 5 minutes or until mixture thickens. (Do not boil.)
- ☐ Remove from heat, and stir in yogurt. Divide mixture into 2 portions.
- ☐ Process 1 mango in a blender until smooth. Stir into 1 portion of yogurt mixture. Cover and chill. Slice remaining mango. Cover and chill.
- ☐ Stir lime juice into second portion of yogurt mixture. Cover and chill.
- ☐ Cut pound cake into 12 slices, and spread jam on 1 side of each slice.
- ☐ Place 2 tablespoons mango mixture and 2 tablespoons lime mixture into each of 6 (1 1/2-cup) parfait or wineglasses. Top each with 1 cake slice.
- ☐ Arrange strawberry slices around inside of glasses.
- ☐ Add 3 tablespoons mango mixture and remaining cake slices. Arrange mango slices around glasses, and top with 3 tablespoons lime mixture.

- ☐ Beat whipping cream with an electric mixer until foamy. Gradually add sugar, beating until stiff peaks form. Pipe or dollop whipped cream on top of parfait. Chill parfaits 2 to 6 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:60.82, Glycemic Load:30.66, Inflammation Score:-9, Nutrition Score:25.363043660703%

Flavonoids

Cyanidin: 2.89mg, Cyanidin: 2.89mg, Cyanidin: 2.89mg, Cyanidin: 2.89mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 41.76mg, Pelargonidin: 41.76mg, Pelargonidin: 41.76mg, Pelargonidin: 41.76mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 6.41mg, Catechin: 6.41mg, Catechin: 6.41mg, Catechin: 6.41mg Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 695.45kcal (34.77%), Fat: 26.7g (41.08%), Saturated Fat: 13.59g (84.91%), Carbohydrates: 102.8g (34.27%), Net Carbohydrates: 97.81g (35.57%), Sugar: 78.03g (86.7%), Cholesterol: 211.72mg (70.57%), Sodium: 529.96mg (23.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.55g (31.1%), Vitamin C: 127.96mg (155.11%), Manganese: 0.83mg (41.71%), Vitamin B2: 0.69mg (40.58%), Phosphorus: 400.65mg (40.06%), Vitamin A: 1913.25IU (38.27%), Calcium: 369.13mg (36.91%), Folate: 122.05µg (30.51%), Selenium: 19.01µg (27.16%), Potassium: 828.93mg (23.68%), Vitamin B12: 1.31µg (21.79%), Vitamin B1: 0.3mg (20.23%), Fiber: 4.99g (19.95%), Vitamin B5: 1.86mg (18.63%), Vitamin B6: 0.34mg (16.95%), Iron: 2.93mg (16.29%), Magnesium: 64.88mg (16.22%), Vitamin D: 2.14µg (14.25%), Vitamin E: 2.11mg (14.03%), Zinc: 2.04mg (13.63%), Copper: 0.24mg (12.24%), Vitamin B3: 2.44mg (12.18%), Vitamin K: 8.49µg (8.08%)