



Key Lime Pie Parfait



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



249 kcal

DESSERT

Ingredients

- ☐ 2 tsp agave nectar
- ☐ 2 graham crackers whole wheat whole
- ☐ 2 tbsp juice of lime
- ☐ 1 tbsp lime zest
- ☐ 5 ounces silken tofu
- ☐ 1 dash vanilla extract

Equipment

- ☐ food processor

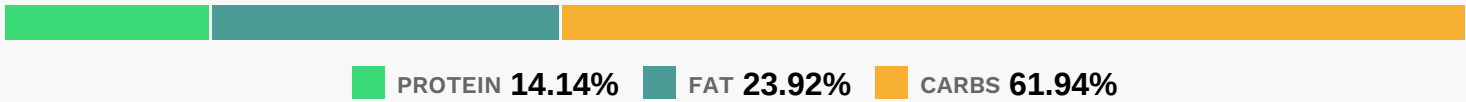
☐ blender

Directions

- ☐ Crush graham crackers and set aside.
- ☐ Combine tofu with lime juice, lime zest, vanilla extract and agave in a small food processor or blender and whiz until smooth. Taste, adding more lime or sweetener as desired.
- ☐ Layer in a serving glass or dish, crackers... tofu mixture... crackers... tofu mixture.
- ☐ Garnish with lime wedges!Chef's Notes: grape nuts and other cereals may be used in place of the whole wheat graham crackers.Nutritional Information

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 60g
- ☐ Carbohydrate
- ☐ 50gDietary Fiber1.70gSugars12.30gProtein11.40g

Nutrition Facts



Properties

Glycemic Index:121, Glycemic Load:16.81, Inflammation Score:-3, Nutrition Score:6.7386956318565%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 5.27mg, Hesperetin: 5.27mg, Hesperetin: 5.27mg, Hesperetin: 5.27mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 249.05kcal (12.45%), Fat: 6.72g (10.34%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 39.16g (13.05%), Net Carbohydrates: 37.75g (13.73%), Sugar: 18.3g (20.34%), Cholesterol: 0mg (0%), Sodium: 192.89mg (8.39%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Protein: 8.94g (17.88%), Vitamin C: 13.09mg (15.87%), Copper: 0.32mg (15.76%), Vitamin B1: 0.23mg (15.45%), Magnesium: 60.54mg (15.13%), Phosphorus: 149.87mg (14.99%), Iron: 2.39mg (13.3%), Potassium: 346.63mg (9.9%), Vitamin B2: 0.15mg (8.97%), Zinc: 1.31mg (8.75%), Vitamin B3: 1.63mg (8.17%), Calcium: 72.39mg (7.24%), Fiber: 1.41g (5.64%), Folate: 20.5µg (5.13%), Vitamin B6: 0.09mg (4.49%),

Vitamin K: 3.32μg (3.16%), Vitamin E: 0.21mg (1.43%)