



Key Lime Pie Parfait

 Vegetarian  Vegan  Dairy Free  Popular

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.

Amount Per Serving

Calories

Fat

60g

Carbohydrate

50g Dietary Fiber 1.70g Sugars 12.30g Protein 11.40g

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%)