



Ladyfinger-Coffee Parfaits

READY IN



25 min.

SERVINGS



8

CALORIES



264 kcal

DESSERT

Ingredients

- ☐ 2 cups milk fat-free
- ☐ 1.5 tablespoons coffee granules instant
- ☐ 6 ounce ladyfingers split divided
- ☐ 0.7 cup syrup fat-free divided chocolate-flavored
- ☐ 3.4 ounce vanilla pudding mix instant
- ☐ 1 tablespoon water boiling
- ☐ 2 cups non-dairy whipped topping frozen divided thawed reduced-calorie

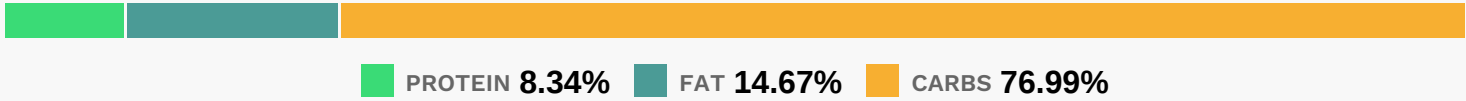
Equipment

- ☐ whisk
- ☐ baking pan

Directions

- ☐ Dissolve coffee granules in 1 tablespoon boiling water; let cool slightly.
- ☐ Combine coffee mixture, milk, and pudding mix, stirring well with a wire whisk. Cover and chill 5 minutes.
- ☐ Fold 1 1/2 cups whipped topping into pudding mixture.
- ☐ Place half of ladyfinger halves in bottom of an 11- x 7- x 1 1/2-inch baking dish.
- ☐ Spread half of pudding mixture over ladyfingers; drizzle with half of chocolate syrup. Repeat layers with remaining ladyfinger halves, pudding mixture, and chocolate syrup. Cover and chill at least 2 hours.
- ☐ To serve, spoon evenly into 8 (6-ounce) parfait glasses. Top evenly with remaining 1/2 cup whipped topping.
- ☐ Garnish with espresso beans, if desired.

Nutrition Facts



Properties

Glycemic Index:4.16, Glycemic Load:1, Inflammation Score:-2, Nutrition Score:4.5369565253672%

Nutrients (% of daily need)

Calories: 263.86kcal (13.19%), Fat: 4.49g (6.91%), Saturated Fat: 2.9g (18.13%), Carbohydrates: 53.06g (17.69%), Net Carbohydrates: 52.78g (19.19%), Sugar: 33.99g (37.77%), Cholesterol: 49.2mg (16.4%), Sodium: 166.99mg (7.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.44mg (9.81%), Protein: 5.74g (11.49%), Calcium: 125.08mg (12.51%), Phosphorus: 119.28mg (11.93%), Vitamin B2: 0.19mg (11.2%), Vitamin B12: 0.55µg (9.2%), Vitamin B1: 0.1mg (6.57%), Potassium: 180.85mg (5.17%), Vitamin A: 257.04IU (5.14%), Iron: 0.83mg (4.62%), Vitamin B5: 0.46mg (4.57%), Folate: 18.16µg (4.54%), Vitamin D: 0.67µg (4.49%), Vitamin B3: 0.8mg (4.01%), Zinc: 0.54mg (3.62%), Magnesium: 14.3mg (3.57%), Manganese: 0.07mg (3.49%), Vitamin B6: 0.07mg (3.27%), Selenium: 1.9µg (2.72%), Copper: 0.03mg (1.37%), Fiber: 0.28g (1.14%)