



Lemon-Blackberry Parfait

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

Ingredients

- ☐ 4 amaretti cookies crushed
- ☐ 12 ounce blackberries fresh rinsed drained
- ☐ 1 tablespoon lemon rind grated
- ☐ 3 cups whipped cream softened reduced-fat (such as Healthy Choice)

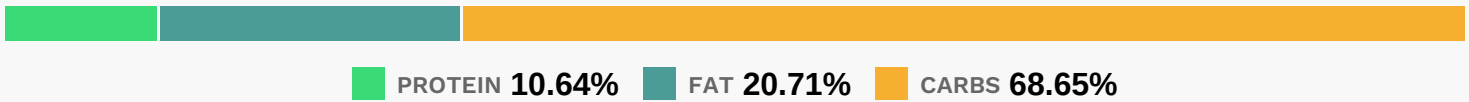
Equipment

Directions

- ☐ Stir lemon rind into ice cream until well-blended. Cover ice cream, and return to freezer 20 minutes or until almost firm.

- ☐
- To assemble parfait, reserve 4 berries for garnish.
- ☐
- Remove ice cream from freezer.
- ☐
- Distribute half of remaining berries evenly into the bottoms of four parfait glasses.
Distribute half of crushed cookies among the glasses.
- ☐
- Distribute half of ice cream among the glasses. Repeat layers, starting with berries and ending with ice cream. Top with reserved berries.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:12.9, Inflammation Score:-7, Nutrition Score:10.71565215484%

Flavonoids

Cyanidin: 85.01mg, Cyanidin: 85.01mg, Cyanidin: 85.01mg, Cyanidin: 85.01mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 31.52mg, Catechin: 31.52mg, Catechin: 31.52mg, Catechin: 31.52mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 3.96mg, Epicatechin: 3.96mg, Epicatechin: 3.96mg, Epicatechin: 3.96mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 261.38kcal (13.07%), Fat: 6.16g (9.48%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 45.98g (15.33%), Net Carbohydrates: 40.81g (14.84%), Sugar: 32.71g (36.35%), Cholesterol: 30.78mg (10.26%), Sodium: 97.9mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.25%), Manganese: 0.56mg (27.76%), Vitamin C: 21.16mg (25.65%), Calcium: 210.21mg (21.02%), Fiber: 5.17g (20.66%), Vitamin B2: 0.31mg (18.47%), Vitamin K: 17.3µg (16.47%), Vitamin A: 693.47IU (13.87%), Phosphorus: 136.31mg (13.63%), Potassium: 377.3mg (10.78%), Vitamin B12: 0.54µg (8.93%), Zinc: 1.29mg (8.58%), Magnesium: 33.19mg (8.3%), Copper: 0.16mg (8.05%), Vitamin B5: 0.79mg (7.88%), Vitamin E: 1.14mg (7.57%), Folate: 28.3µg (7.07%), Vitamin B1: 0.08mg (5.22%), Iron: 0.81mg (4.51%), Vitamin B6: 0.08mg (3.97%), Selenium: 2.63µg (3.76%), Vitamin B3: 0.71mg (3.55%)