



Lemon-Blueberry Parfait

READY IN



45 min.

SERVINGS



8

CALORIES



484 kcal

DESSERT

Ingredients

- ☐ 4 cups torn angel food cake divided
- ☐ 1 cup blueberries fresh divided
- ☐ 0.5 cup blueberry syrup divided
- ☐ 2 teaspoons cornstarch
- ☐ 1 large egg yolk
- ☐ 2 large eggs
- ☐ 0.3 cup heavy whipping cream
- ☐ 8 servings garnish: kiwifruit sliced
- ☐ 0.3 cup juice of lemon fresh

- ☐ 2 teaspoons lemon rind grated
- ☐ 0.5 cup sugar

Equipment

- ☐ bowl
- ☐ whisk
- ☐ double boiler
- ☐ hand mixer

Directions

- ☐ Combine first 6 ingredients in top of a double boiler, stirring with a whisk. Cook over medium-high heat 3 minutes or until mixture thickens.
- ☐ Transfer to a medium bowl to cool.
- ☐ Beat whipping cream at high speed with an electric mixer until soft peaks form; fold into lemon mixture.
- ☐ Layer lemon cream, Blueberry Syrup, cake, and blueberries in 8 parfait glasses.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:25.34, Glycemic Load:15.34, Inflammation Score:-6, Nutrition Score:15.853478348773%

Flavonoids

Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg Peonidin: 5.63mg, Peonidin: 5.63mg, Peonidin: 5.63mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg
Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin:
0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin:
0.73mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.36mg, Myricetin:
0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin:
2.2mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 483.55kcal (24.18%), Fat: 6.24g (9.61%), Saturated Fat: 2.96g (18.53%), Carbohydrates: 100.34g (33.45%),
Net Carbohydrates: 96.62g (35.13%), Sugar: 60.12g (66.8%), Cholesterol: 80.66mg (26.89%), Sodium: 631.06mg
(27.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.62g (21.25%), Vitamin C: 75.31mg (91.28%), Vitamin
K: 42.52µg (40.49%), Phosphorus: 348.44mg (34.84%), Selenium: 23.74µg (33.91%), Vitamin B2: 0.34mg (20.04%),
Calcium: 150.58mg (15.06%), Fiber: 3.72g (14.88%), Manganese: 0.26mg (13.18%), Folate: 52.18µg (13.04%), Copper:
0.23mg (11.66%), Potassium: 401.77mg (11.48%), Vitamin E: 1.65mg (10.98%), Vitamin B1: 0.14mg (9.06%),
Magnesium: 28.69mg (7.17%), Vitamin A: 338.93IU (6.78%), Vitamin B5: 0.63mg (6.26%), Vitamin B6: 0.11mg
(5.68%), Iron: 0.88mg (4.86%), Zinc: 0.57mg (3.78%), Vitamin D: 0.52µg (3.49%), Vitamin B12: 0.2µg (3.4%), Vitamin
B3: 0.66mg (3.31%)