



## Mango-Cheesecake Parfaits

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



235 kcal

### Ingredients

- 8 oz philadelphia cream cheese softened
- 3.4 oz jell-o vanilla flavor pudding instant
- 2 mangos peeled seeded chopped
- 1.5 cups milk cold
- 1.5 cups cool whip whipped topping divided thawed

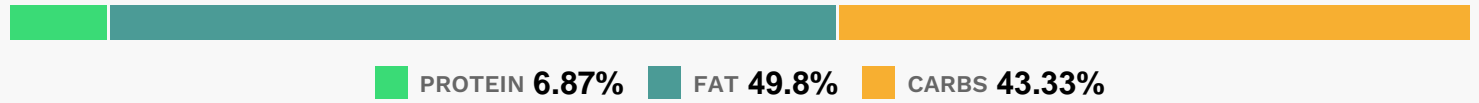
### Equipment

- bowl
- whisk
- blender

## Directions

- Beat cream cheese in medium bowl with mixer until creamy. Gradually beat in milk.
- Add dry pudding mix; mix well.
- Whisk in 1 cup COOL WHIP.
- Layer half each of the mangos and pudding mixture in 8 parfait glasses. Repeat layers.
- Top with remaining COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:14.59, Glycemic Load:4.82, Inflammation Score:-6, Nutrition Score:6.0434782142225%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

## Nutrients (% of daily need)

Calories: 234.89kcal (11.74%), Fat: 13.3g (20.47%), Saturated Fat: 8.23g (51.41%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 25.15g (9.14%), Sugar: 23.23g (25.82%), Cholesterol: 34.4mg (11.47%), Sodium: 193.55mg (8.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.25%), Vitamin C: 18.84mg (22.83%), Vitamin A: 1025.19IU (20.5%), Calcium: 100.05mg (10.01%), Vitamin B2: 0.16mg (9.54%), Phosphorus: 94.43mg (9.44%), Folate: 25.23µg (6.31%), Potassium: 209.6mg (5.99%), Selenium: 4.06µg (5.81%), Vitamin B12: 0.34µg (5.63%), Vitamin B6: 0.11mg (5.41%), Vitamin E: 0.8mg (5.35%), Vitamin B5: 0.43mg (4.34%), Fiber: 0.9g (3.6%), Magnesium: 14.2mg (3.55%), Vitamin D: 0.5µg (3.36%), Copper: 0.07mg (3.35%), Vitamin B1: 0.05mg (3.3%), Vitamin K: 3.36µg (3.2%), Zinc: 0.39mg (2.62%), Vitamin B3: 0.43mg (2.17%), Manganese: 0.04mg (1.93%)