



Mango-Ginger Parfaits

READY IN



12 min.

SERVINGS



4

CALORIES



245 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup gingersnaps crushed finely (4 cookies,)
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 mangos ripe peeled chopped
- ☐ 2 tablespoons mascarpone cheese
- ☐ 2 cups greek yogurt plain 2% reduced-fat
- ☐ 2 tablespoons coconut or sweetened flaked toasted

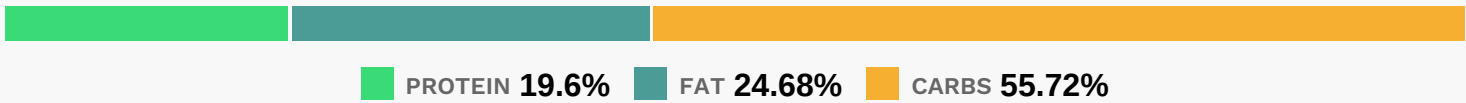
Equipment

☐ bowl

Directions

- ☐ Combine yogurt and mascarpone in a small bowl.
- ☐ Combine sugar, lime juice, and mango in a small bowl; toss to coat.
- ☐ Combine gingersnaps and coconut in a small bowl.
- ☐ Place 1/4 cup yogurt mixture into each of 4 parfait glasses. Top yogurt with 1/4 cup mango mixture and 1 1/2 teaspoons gingersnap mixture. Repeat layers with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:12.94, Glycemic Load:7.18, Inflammation Score:-8, Nutrition Score:11.55956525388%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 244.62kcal (12.23%), Fat: 6.91g (10.62%), Saturated Fat: 4.43g (27.68%), Carbohydrates: 35.09g (11.7%), Net Carbohydrates: 32.52g (11.83%), Sugar: 27.52g (30.58%), Cholesterol: 12.5mg (4.17%), Sodium: 103.26mg (4.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.34g (24.68%), Vitamin C: 39.92mg (48.39%), Vitamin A: 1232.76IU (24.66%), Vitamin B2: 0.34mg (20.19%), Selenium: 12.15µg (17.36%), Phosphorus: 165.04mg (16.5%), Folate: 58.68µg (14.67%), Calcium: 145.17mg (14.52%), Manganese: 0.26mg (13.01%), Vitamin B12: 0.7µg (11.67%), Potassium: 382.76mg (10.94%), Fiber: 2.57g (10.29%), Vitamin B6: 0.2mg (10.08%), Copper: 0.18mg (9%), Magnesium: 29.72mg (7.43%), Vitamin E: 1.03mg (6.84%), Vitamin B3: 1.2mg (6.01%), Vitamin B5: 0.59mg (5.89%), Zinc: 0.72mg (4.82%), Iron: 0.85mg (4.71%), Vitamin B1: 0.07mg (4.54%), Vitamin K: 4.57µg (4.35%)