



Mango-Lime Parfaits

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon light-colored corn syrup
- ☐ 10 gingersnap cookies crushed
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 cups whipped cream low-fat
- ☐ 1.5 cups mangos peeled chopped 2
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Combine first 3 ingredients in a microwave-safe bowl; microwave at HIGH 1 minute or until sugar melts. Cool completely.
- ☐ Add juice to syrup mixture; stir well.
- ☐ Spoon 1/4 cup ice cream into each of 6 parfait glasses; top each serving with about 2 tablespoons chopped mango.
- ☐ Drizzle 1 tablespoon syrup mixture over each serving; top each serving with 1 1/2 teaspoons gingersnap cookie crumbs. Repeat layers with remaining ice cream, mango, syrup mixture, and crumbs.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.47, Glycemic Load:23.02, Inflammation Score:-6, Nutrition Score:7.1399999701458%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg 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: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 287.15kcal (14.36%), Fat: 5.04g (7.75%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 57.84g (19.28%), Net Carbohydrates: 56.66g (20.6%), Sugar: 44.39g (49.32%), Cholesterol: 20.52mg (6.84%), Sodium: 124.29mg (5.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Vitamin C: 18.95mg (22.97%), Vitamin A: 792.08IU (15.84%), Vitamin B2: 0.25mg (14.61%), Calcium: 138.09mg (13.81%), Manganese: 0.21mg (10.68%),

Phosphorus: 95.15mg (9.52%), Folate: 33.46µg (8.36%), Potassium: 279.91mg (8%), Vitamin B12: 0.36µg (5.95%), Iron: 0.97mg (5.41%), Magnesium: 21.38mg (5.34%), Vitamin B1: 0.08mg (5.32%), Vitamin B5: 0.5mg (5.04%), Copper: 0.1mg (4.95%), Vitamin B6: 0.1mg (4.93%), Fiber: 1.18g (4.74%), Zinc: 0.68mg (4.55%), Vitamin E: 0.6mg (3.99%), Vitamin B3: 0.77mg (3.86%), Selenium: 2.5µg (3.57%), Vitamin K: 2.39µg (2.27%)