



Maple Blueberry Parfait

READY IN



20 min.

SERVINGS



6

CALORIES



410 kcal

DESSERT

Ingredients

- ☐ 18 ounces blueberries divided
- ☐ 6 ounces gingersnaps crumbled thin
- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.8 cup maple syrup pure divided (preferably Grade B)

Equipment

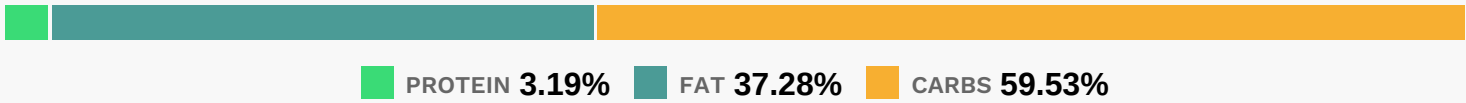
- ☐ bowl
- ☐ sauce pan

☐ hand mixer

Directions

- ☐ Cook 2 1/4 cups (3/4 pound) blueberries with 1/2 cup maple syrup in a 2-quart heavy saucepan over medium heat, stirring occasionally, until blueberries have burst, 3 to 8 minutes. Cool in an ice bath, stirring occasionally.
- ☐ While blueberry mixture cools, beat cream with remaining 1/4 cup maple syrup in a bowl using an electric mixer until it just holds stiff peaks.
- ☐ Stir lemon juice and remaining 1 1/4 cups blueberries into cooled blueberry-maple mixture.
- ☐ Spoon about 2 tablespoons blueberry mixture into each of 6 glasses and top with half of crumbled cookies and half of whipped cream. Repeat layering of remaining blueberry mixture, crumbled cookies, and whipped cream.
- ☐ Serve parfaits immediately.
- ☐ Blueberry-maple mixture, without lemon juice, can be cooked 3 days ahead and chilled. Bring to room temperature, then add lemon juice and blueberries before assembling parfaits.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:14.02, Inflammation Score:-6, Nutrition Score:12.04304352014%

Flavonoids

Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg Petunidin: 26.82mg, Petunidin: 26.82mg, Petunidin: 26.82mg, Petunidin: 26.82mg Delphinidin: 30.13mg, Delphinidin: 30.13mg, Delphinidin: 30.13mg, Delphinidin: 30.13mg Malvidin: 57.48mg, Malvidin: 57.48mg, Malvidin: 57.48mg, Malvidin: 57.48mg Peonidin: 17.26mg, Peonidin: 17.26mg, Peonidin: 17.26mg, Peonidin: 17.26mg Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 410.14kcal (20.51%), Fat: 17.38g (26.74%), Saturated Fat: 9.84g (61.51%), Carbohydrates: 62.44g (20.81%), Net Carbohydrates: 59.77g (21.73%), Sugar: 39.41g (43.79%), Cholesterol: 44.82mg (14.94%), Sodium: 172.53mg (7.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Manganese: 1.65mg (82.64%), Vitamin B2: 0.7mg (41.4%), Vitamin K: 18.39µg (17.52%), Vitamin A: 629.64IU (12.59%), Iron: 2.14mg (11.87%), Vitamin C: 8.81mg (10.68%), Fiber: 2.67g (10.67%), Calcium: 97.03mg (9.7%), Potassium: 292.68mg (8.36%), Vitamin B1: 0.12mg (8.19%), Folate: 31.52µg (7.88%), Magnesium: 30.27mg (7.57%), Vitamin E: 1.13mg (7.51%), Copper: 0.14mg (6.97%), Vitamin B3: 1.33mg (6.66%), Phosphorus: 56.81mg (5.68%), Zinc: 0.67mg (4.46%), Vitamin B6: 0.09mg (4.31%), Vitamin D: 0.63µg (4.23%), Selenium: 2.72µg (3.89%), Vitamin B5: 0.32mg (3.15%), Vitamin B12: 0.06µg (1.06%)