



Mexican Chocolate-Raspberry Parfaits

READY IN



15 min.

SERVINGS



2

CALORIES



150 kcal

Ingredients

- 1.3 cups soymilk light
- 1 box peach pie filling instant (4-serving size)
- 0.3 teaspoon ground cinnamon
- 1 slice angel food cake ()
- 0.5 cup cool whip fat-free frozen thawed
- 0.5 cup raspberries fresh thawed drained (and)
- 1 serving bittersweet chocolate grated

Equipment

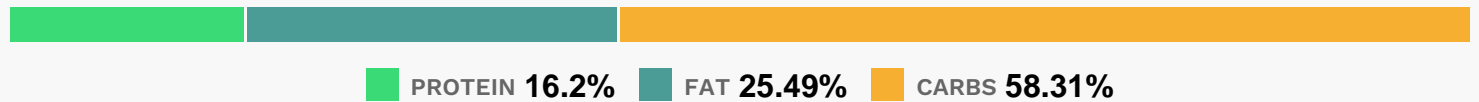
- bowl

whisk

Directions

- In medium bowl, beat soymilk, pudding mix and cinnamon with wire whisk until mixture is blended and thickened.
- To assemble, spoon 1/4 cup pudding into each of 2 small parfait glasses or clear drinking glasses.
- Layer each with half of the cake, 2 tablespoons whipped topping and half of the raspberries. Top each with remaining pudding and whipped topping.
- Garnish with grated chocolate.

Nutrition Facts



Properties

Glycemic Index:32.21, Glycemic Load:1.93, Inflammation Score:-6, Nutrition Score:12.995652214341%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 149.9kcal (7.5%), Fat: 4.3g (6.62%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 22.16g (7.39%), Net Carbohydrates: 19.34g (7.03%), Sugar: 12.59g (13.98%), Cholesterol: 3.03mg (1.01%), Sodium: 159.4mg (6.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.31%), Vitamin B12: 1.88µg (31.26%), Vitamin E: 4.01mg (26.7%), Vitamin B2: 0.45mg (26.29%), Vitamin B3: 5.13mg (25.66%), Calcium: 248.85mg (24.88%), Vitamin C: 18.5mg (22.42%), Vitamin B6: 0.38mg (19.23%), Folate: 58.52µg (14.63%), Manganese: 0.26mg (13.01%), Vitamin A: 623.49IU (12.47%), Vitamin D: 1.77µg (11.8%), Copper: 0.23mg (11.44%), Fiber: 2.82g (11.28%), Vitamin B1: 0.14mg (9.3%), Selenium: 6.21µg (8.87%), Potassium: 296.56mg (8.47%), Iron: 1.02mg (5.67%), Phosphorus: 55.42mg

(5.54%), Zinc: 0.57mg (3.83%), Magnesium: 10.26mg (2.57%), Vitamin K: 2.53µg (2.41%), Vitamin B5: 0.12mg (1.17%)