



Neapolitan Parfaits

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



31 kcal

Ingredients

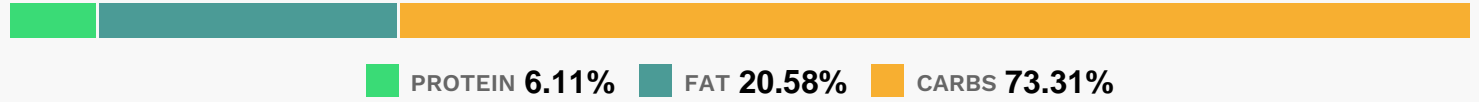
- 1 jell-o chocolate pudding snack
- 9 strawberries fresh divided
- 1 jell-o vanilla pudding snack
- 2 Tbsp aerosol whipped topping (in a can)

Equipment

Directions

- Slice 7 berries. Spoon chocolate pudding into 2 dessert dishes; cover with layers of berry slices and vanilla pudding.
- Top with whipped topping and remaining whole berries.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.23, Inflammation Score:-2, Nutrition Score:3.2830435756756%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 31.15kcal (1.56%), Fat: 0.76g (1.17%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 5.02g (1.82%), Sugar: 4.44g (4.93%), Cholesterol: 0.09mg (0.03%), Sodium: 14.1mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin C: 31.75mg (38.49%), Manganese: 0.21mg (10.52%), Fiber: 1.1g (4.4%), Folate: 13.11µg (3.28%), Potassium: 88.44mg (2.53%), Magnesium: 7.56mg (1.89%), Phosphorus: 16.66mg (1.67%), Copper: 0.03mg (1.41%), Vitamin B6: 0.03mg (1.32%), Iron: 0.23mg (1.29%), Vitamin K: 1.34µg (1.28%), Vitamin E: 0.18mg (1.2%), Calcium: 11.92mg (1.19%), Vitamin B3: 0.21mg (1.07%)