

Paradise Parfaits

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



53 kcal

Ingredients

- 0.5 cup cool whip free whipped topping thawed
- 2 cups milk fat-free cold
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 1 cup strawberries fresh sliced
- 0.3 cup maxwell house international cafã% vanilla cafã© french sugar free
- 1 Tbsp water hot

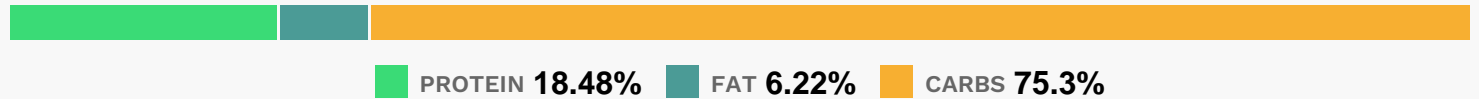
Equipment

- bowl
- whisk

Directions

- Dissolve flavored instant coffee in hot water in medium bowl.
- Add milk and pudding mix; beat with whisk 2 min. Stir in COOL WHIP.
- Spoon half the pudding mixture into each of 6 dessert glasses; cover with layer of strawberries. Top with remaining pudding mixture.
- Refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:7.32, Glycemic Load:1.12, Inflammation Score:-2, Nutrition Score:2.7895652133486%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 52.58kcal (2.63%), Fat: 0.28g (0.44%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 7.43g (2.7%), Sugar: 6.69g (7.43%), Cholesterol: 2.07mg (0.69%), Sodium: 41.48mg (1.8%), Alcohol: 1.79g (100%), Alcohol %: 2.96% (100%), Protein: 1.9g (3.8%), Vitamin C: 8.47mg (10.26%), Calcium: 71.79mg (7.18%), Phosphorus: 58.8mg (5.88%), Vitamin B12: 0.34µg (5.66%), Vitamin B2: 0.1mg (5.64%), Vitamin D: 0.54µg (3.59%), Manganese: 0.07mg (3.46%), Potassium: 116.18mg (3.32%), Vitamin B1: 0.04mg (2.47%), Magnesium: 8.69mg (2.17%), Vitamin A: 108.25IU (2.17%), Vitamin B6: 0.04mg (2.06%), Vitamin B5: 0.19mg (1.95%), Zinc: 0.26mg (1.72%), Selenium: 1.18µg (1.68%), Fiber: 0.32g (1.28%), Folate: 5.07µg (1.27%)