

Patriotic Parfaits



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



169 kcal

Ingredients



8 oz strawberries fresh chopped



8 oz non-dairy whipped topping frozen thawed



6 oz blueberries fresh

Equipment

Directions

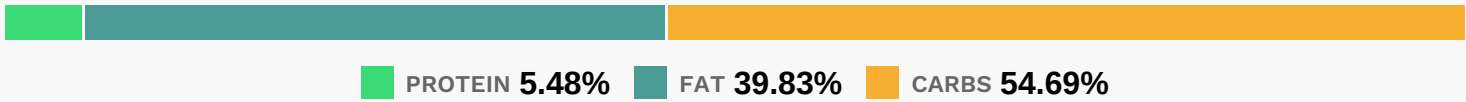


In each of 4 parfait glasses or wine glasses, layer strawberries, whipped topping and blueberries.

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Serve immediately or refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:3.35, Inflammation Score:-4, Nutrition Score:5.992608676786%

Flavonoids

Cyanidin: 4.55mg, Cyanidin: 4.55mg, Cyanidin: 4.55mg, Cyanidin: 4.55mg Petunidin: 13.47mg, Petunidin: 13.47mg, Petunidin: 13.47mg, Petunidin: 13.47mg Delphinidin: 15.24mg, Delphinidin: 15.24mg, Delphinidin: 15.24mg, Delphinidin: 15.24mg Malvidin: 28.75mg, Malvidin: 28.75mg, Malvidin: 28.75mg, Malvidin: 28.75mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 8.66mg, Peonidin: 8.66mg, Peonidin: 8.66mg, Peonidin: 8.66mg Catechin: 4.01mg, Catechin: 4.01mg, Catechin: 4.01mg, Catechin: 4.01mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 169.39kcal (8.47%), Fat: 7.74g (11.9%), Saturated Fat: 6.43g (40.17%), Carbohydrates: 23.9g (7.97%), Net Carbohydrates: 21.75g (7.91%), Sugar: 20.39g (22.65%), Cholesterol: 1.13mg (0.38%), Sodium: 41.82mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.79%), Vitamin C: 37.46mg (45.41%), Manganese: 0.36mg (18.09%), Vitamin K: 11.27µg (10.73%), Fiber: 2.15g (8.62%), Phosphorus: 60.67mg (6.07%), Calcium: 51.88mg (5.19%), Potassium: 176.76mg (5.05%), Vitamin B2: 0.08mg (4.76%), Vitamin E: 0.69mg (4.6%), Folate: 17.86µg (4.47%), Magnesium: 13.89mg (3.47%), Vitamin B6: 0.06mg (3.01%), Copper: 0.06mg (2.86%), Vitamin B1: 0.04mg (2.71%), Selenium: 1.63µg (2.33%), Vitamin B3: 0.45mg (2.27%), Iron: 0.41mg (2.27%), Vitamin B12: 0.11µg (1.89%), Vitamin A: 71.72IU (1.43%), Zinc: 0.2mg (1.36%), Vitamin B5: 0.12mg (1.24%)