



Peach and Raspberry Pavlova Parfaits

READY IN



45 min.

SERVINGS



6

CALORIES



244 kcal

DESSERT

Ingredients

- 1 cup vanilla meringue cookie crumbs mini crushed (such as Miss Meringue Minis; 12 cookies, coarsely)
- 1 cup vanilla yogurt fat-free
- 2 cups peaches peeled sliced (6 to 7 peaches)
- 1 cup raspberries
- 0.3 cup sugar divided
- 12 vanilla meringue cookies mini

Equipment

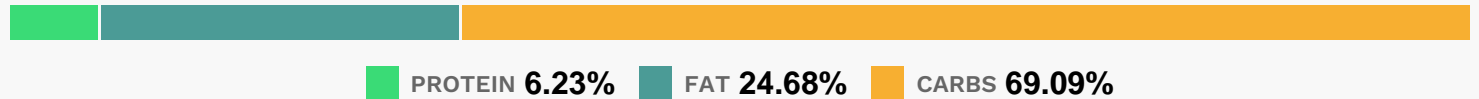
- bowl

blender

Directions

- Place cream cheese and 3 tablespoons sugar in a medium bowl; beat with a mixer at high speed for 2 minutes or until smooth. Beat in yogurt until blended.
- Combine 1 tablespoon sugar, peaches, and raspberries in a large bowl, tossing to coat.
- Let stand 5 minutes.
- Spoon 2 tablespoons cheese mixture into each of 6 (8-ounce) glasses; top each with 1/4 cup peach mixture and 2 1/2 tablespoons cookie crumbs. Repeat layers once with remaining cheese mixture and remaining peach mixture; top each with 2 whole cookies. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:46.22, Glycemic Load:21.17, Inflammation Score:-3, Nutrition Score:5.8804347722427%

Flavonoids

Cyanidin: 10.14mg, Cyanidin: 10.14mg, Cyanidin: 10.14mg, Cyanidin: 10.14mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 1.91mg, Epicatechin: 1.91mg, Epicatechin: 1.91mg, Epicatechin: 1.91mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 243.94kcal (12.2%), Fat: 6.83g (10.51%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 43.03g (14.34%), Net Carbohydrates: 40.57g (14.75%), Sugar: 28.66g (31.84%), Cholesterol: 0.94mg (0.31%), Sodium: 137.71mg (5.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Manganese: 0.25mg (12.56%), Vitamin B2: 0.18mg (10.5%), Fiber: 2.45g (9.82%), Vitamin B1: 0.14mg (9.62%), Vitamin C: 7.63mg (9.25%), Folate: 35.01µg (8.75%), Phosphorus: 81.72mg (8.17%), Vitamin B3: 1.43mg (7.16%), Calcium: 71.37mg (7.14%), Selenium: 4.65µg

(6.64%), Vitamin E: 0.98mg (6.53%), Potassium: 196.96mg (5.63%), Vitamin K: 5.38µg (5.13%), Iron: 0.84mg (4.68%), Magnesium: 16.97mg (4.24%), Zinc: 0.59mg (3.91%), Copper: 0.08mg (3.91%), Vitamin A: 193.18IU (3.86%), Vitamin B12: 0.19µg (3.2%), Vitamin B6: 0.05mg (2.6%), Vitamin B5: 0.19mg (1.95%)