



## Peach Melba Parfaits

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

DESSERT

### Ingredients

- 1 tablespoon amaretto
- 1 tablespoon grand marnier orange-flavored
- 4 cups whipped cream low-fat softened
- 0.8 pound peaches peeled mashed
- 1.5 cups raspberries fresh
- 12 ounce raspberries unsweetened frozen thawed
- 3 tablespoons sugar
- 1 teaspoon vanilla extract

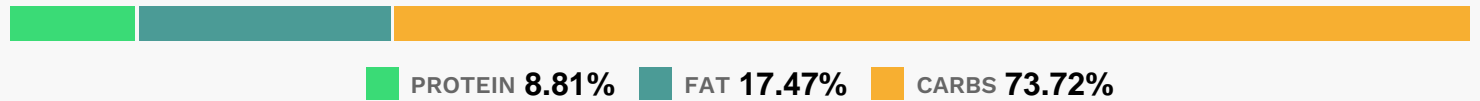
## Equipment

- sieve
- blender

## Directions

- Combine low-fat ice cream, peaches, amaretto, and vanilla in a freezer-safe container; stir well. Freeze until firm.
- Place thawed raspberries, sugar, and liqueur in a blender, and process until smooth. Press the raspberry mixture through a sieve, reserving puree; discard seeds. Cover and chill.
- Spoon 2 teaspoons raspberry puree into each of 8 parfait glasses or champagne flutes. Top each with about 1 1/2 tablespoons of fresh raspberries and 1/4 cup ice-cream mixture. Repeat layers, ending with 2 teaspoons raspberry puree.
- Garnish with peach slices, if desired.

## Nutrition Facts



## Properties

Glycemic Index:24.79, Glycemic Load:13.52, Inflammation Score:-5, Nutrition Score:8.4917392212412%

## Flavonoids

Cyanidin: 30.58mg, Cyanidin: 30.58mg, Cyanidin: 30.58mg, Cyanidin: 30.58mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.64mg, Pelargonidin: 0.64mg, Pelargonidin: 0.64mg, Pelargonidin: 0.64mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 218.79kcal (10.94%), Fat: 4.23g (6.51%), Saturated Fat: 2.25g (14.07%), Carbohydrates: 40.21g (13.4%), Net Carbohydrates: 35.11g (12.77%), Sugar: 29g (32.22%), Cholesterol: 20.52mg (6.84%), Sodium: 62.81mg (2.73%), Alcohol: 1.15g (100%), Alcohol %: 0.76% (100%), Protein: 4.8g (9.61%), Vitamin C: 19.69mg (23.87%), Manganese: 0.47mg (23.37%), Fiber: 5.09g (20.37%), Calcium: 140.45mg (14.05%), Vitamin B2: 0.23mg (13.73%), Phosphorus: 106.75mg (10.67%), Vitamin A: 500.57IU (10.01%), Potassium: 310.1mg (8.86%), Magnesium: 28.52mg (7.13%), Vitamin E: 0.97mg (6.45%), Vitamin B5: 0.64mg (6.45%), Vitamin K: 6.65µg (6.33%), Zinc: 0.93mg (6.19%), Vitamin B12: 0.36µg (5.95%), Copper: 0.11mg (5.34%), Folate: 20.77µg (5.19%), Vitamin B1: 0.07mg (4.77%), Vitamin B3: 0.84mg (4.21%), Iron: 0.74mg (4.13%), Vitamin B6: 0.08mg (4.04%), Selenium: 2.58µg (3.69%)