



PHILADELPHIA Cheesecake Creme Parfaits

 Gluten Free

READY IN



190 min.

SERVINGS



8

CALORIES



192 kcal

Ingredients

- 1 cup blueberries
- 8 oz philadelphia cream cheese softened
- 7 oz marshmallow crème jet-puffed
- 1 cup strawberries fresh sliced

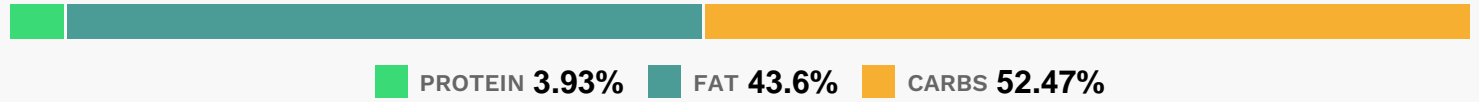
Equipment

- whisk

Directions

- Beat cream cheese and marshmallow creme with whisk until well blended.
- Refrigerate several hours or until chilled.
- Layer fruit in 8 dessert dishes alternately with cream cheese mixture just before serving.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:1.73, Inflammation Score:-3, Nutrition Score:3.0782608830411%

Flavonoids

Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg Petunidin: 5.85mg, Petunidin: 5.85mg, Petunidin: 5.85mg, Petunidin: 5.85mg Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 191.93kcal (9.6%), Fat: 9.87g (15.18%), Saturated Fat: 5.73g (35.84%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 25.91g (9.42%), Sugar: 19.04g (21.16%), Cholesterol: 28.63mg (9.54%), Sodium: 89.38mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Vitamin C: 12.38mg (15%), Vitamin A: 392.88IU (7.86%), Manganese: 0.13mg (6.74%), Vitamin B2: 0.08mg (4.51%), Vitamin K: 4.56µg (4.34%), Phosphorus: 36.87mg (3.69%), Selenium: 2.53µg (3.61%), Fiber: 0.8g (3.22%), Calcium: 31.49mg (3.15%), Vitamin E: 0.4mg (2.68%), Potassium: 79.21mg (2.26%), Vitamin B5: 0.21mg (2.07%), Folate: 7.98µg (2%), Vitamin B6: 0.03mg (1.7%), Magnesium: 6mg (1.5%), Zinc: 0.2mg (1.31%), Copper: 0.02mg (1.21%), Vitamin B1: 0.02mg (1.18%), Vitamin B12: 0.06µg (1.04%)