



Pound Cake and Fruit Parfaits

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



981 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 1.5 cups heavy cream chilled
- 3 peaches pitted ripe halved chopped
- 6 cups round cake store-bought cubed ()
- 1 pint raspberries
- 3 tablespoons sugar

Equipment

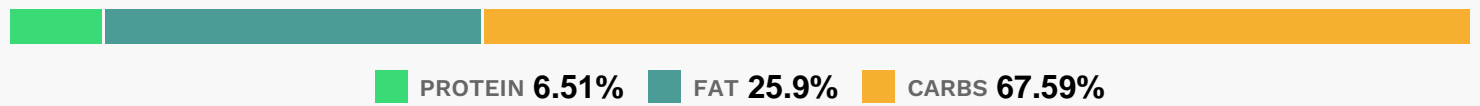
- bowl

hand mixer

Directions

- Combine cream, sugar and almond extract, if desired, in a bowl. With an electric mixer, beat until soft peaks form.
- Place a dollop of cream in each of six glasses. Top with 1/4 cup of pound cake cubes, another spoonful of cream and some nectarine chunks and raspberries. Continue alternating layers of cake, cream and fruit until you have used it all.
- Serve immediately, or cover with plastic and refrigerate for up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:23.18, Glycemic Load:7.64, Inflammation Score:-8, Nutrition Score:24.162173976069%

Flavonoids

Cyanidin: 37.61mg, Cyanidin: 37.61mg, Cyanidin: 37.61mg, Cyanidin: 37.61mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 3.15mg, Catechin: 3.15mg, Catechin: 3.15mg, Catechin: 3.15mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 4.58mg, Epicatechin: 4.58mg, Epicatechin: 4.58mg, Epicatechin: 4.58mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 981.16kcal (49.06%), Fat: 28.6g (44%), Saturated Fat: 15.6g (97.48%), Carbohydrates: 167.93g (55.98%), Net Carbohydrates: 160.56g (58.38%), Sugar: 103.68g (115.2%), Cholesterol: 308.55mg (102.85%), Sodium: 1500.12mg (65.22%), Alcohol: 0.11g (100%), Alcohol %: 0.03% (100%), Protein: 16.16g (32.33%), Manganese: 1.07mg (53.26%), Vitamin B2: 0.8mg (46.99%), Vitamin B1: 0.64mg (42.41%), Iron: 7.26mg (40.31%), Phosphorus: 399.99mg (40%), Folate: 134.4µg (33.6%), Selenium: 23.51µg (33.58%), Vitamin A: 1500.74IU (30.01%), Fiber: 7.37g (29.5%), Vitamin B3: 5.87mg (29.36%), Vitamin C: 23.08mg (27.97%), Calcium: 226.11mg (22.61%), Vitamin B5: 1.67mg (16.74%), Vitamin E: 2.23mg (14.9%), Potassium: 503.45mg (14.38%), Copper: 0.28mg (14.15%), Magnesium: 53.97mg (13.49%), Zinc: 1.83mg (12.2%), Vitamin B12: 0.66µg (11.05%), Vitamin B6: 0.21mg (10.25%), Vitamin D:

1.43µg (9.5%), Vitamin K: 9.95µg (9.47%)