



## Quickie Chocolate Cherry Parfait

 Gluten Free

READY IN



75 min.

SERVINGS



2

CALORIES



875 kcal

### Ingredients

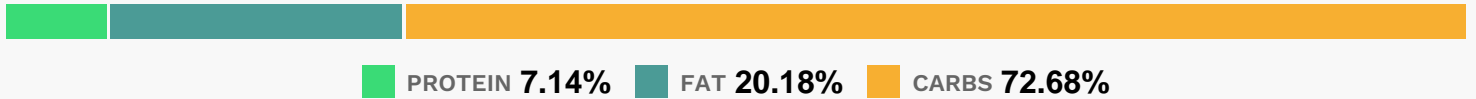
- 21 ounce cherry pie filling canned
- 12 fluid ounce evaporated milk canned
- 0.1 teaspoon ground cinnamon to taste
- 3.9 ounce chocolate pudding mix instant
- 1 cup non-dairy whipped topping

### Equipment

### Directions

- Pour the evaporated milk and dry pudding mix into a container with a lid, seal it, and shake for 45 seconds to combine.
- Let the pudding set for 5 minutes.
- In 2 large parfait glasses, alternate layers of chocolate pudding with layers of cherry pie filling. Top each glass with whipped topping, and sprinkle with cinnamon. Chill for 1 hour before serving.

## Nutrition Facts



### Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:16.490434838378%

### Nutrients (% of daily need)

Calories: 875.11kcal (43.76%), Fat: 19.59g (30.13%), Saturated Fat: 12.89g (80.58%), Carbohydrates: 158.7g (52.9%), Net Carbohydrates: 154.86g (56.31%), Sugar: 64.18g (71.31%), Cholesterol: 52.2mg (17.4%), Sodium: 1058.63mg (46.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.87mg (1.29%), Protein: 15.59g (31.17%), Calcium: 530.32mg (53.03%), Phosphorus: 472.45mg (47.24%), Vitamin B2: 0.67mg (39.56%), Potassium: 1019.01mg (29.11%), Copper: 0.47mg (23.32%), Magnesium: 90.99mg (22.75%), Vitamin A: 1062.38IU (21.25%), Vitamin C: 14.09mg (17.08%), Manganese: 0.32mg (16.23%), Fiber: 3.84g (15.37%), Vitamin B5: 1.33mg (13.34%), Zinc: 1.9mg (12.65%), Vitamin B1: 0.17mg (11.39%), Selenium: 7.56µg (10.8%), Vitamin B6: 0.21mg (10.66%), Iron: 1.81mg (10.07%), Folate: 28.89µg (7.22%), Vitamin B12: 0.36µg (5.98%), Vitamin B3: 0.93mg (4.65%), Vitamin E: 0.51mg (3.42%), Vitamin K: 3.13µg (2.98%), Vitamin D: 0.18µg (1.18%)