



Raspberry and Coconut Parfaits with Coconut-Walnut Crunch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



311 kcal

Ingredients

- ☐ 2 tablespoons raspberries (raspberry-flavored liqueur)
- ☐ 0.5 cup raspberries fresh
- ☐ 1 cup raspberry sorbet
- ☐ 1 cup raspberry sorbet
- ☐ 4 servings walnuts

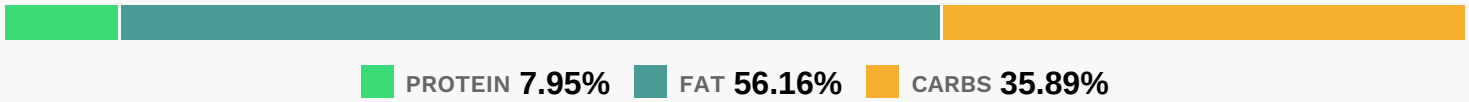
Equipment

- ☐ bowl

Directions

- ☐ Layer 1/4 cup raspberry sorbet, 1 tablespoon Coconut–Walnut Crunch, and 1/4 cup coconut sorbet in each of 4 (8-ounce) tall glasses. Top each with 1 additional tablespoon crunch.
- ☐ Combine raspberries and Chambord in a small bowl. Top parfaits evenly with raspberry mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:8.5308695474397%

Flavonoids

Cyanidin: 11.06mg, Cyanidin: 11.06mg, Cyanidin: 11.06mg, Cyanidin: 11.06mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 310.76kcal (15.54%), Fat: 20.12g (30.95%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 28.94g (9.65%), Net Carbohydrates: 23.89g (8.69%), Sugar: 17.54g (19.49%), Cholesterol: 0mg (0%), Sodium: 56.43mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.81%), Manganese: 1.17mg (58.71%), Copper: 0.5mg (24.86%), Fiber: 5.04g (20.17%), Magnesium: 52.33mg (13.08%), Phosphorus: 110.29mg (11.03%), Vitamin B6: 0.17mg (8.67%), Folate: 34.1µg (8.53%), Vitamin C: 6.26mg (7.58%), Vitamin B1: 0.11mg (7.3%), Zinc: 1.02mg (6.81%), Iron: 1.03mg (5.71%), Potassium: 166.11mg (4.75%), Calcium: 35mg (3.5%), Vitamin B2: 0.05mg (3.15%), Vitamin E: 0.4mg (2.7%), Vitamin B5: 0.24mg (2.45%), Vitamin K: 2.56µg (2.43%), Vitamin B3: 0.47mg (2.35%), Selenium: 1.51µg (2.16%)