



Raspberry Chocolate Parfaits

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

DESSERT

Ingredients

- 0.3 cup bittersweet chocolate shaved
- 2 tablespoons orange juice fresh
- 12 ounce raspberries fresh divided
- 1 cup vanilla-honey greek yogurt frozen
- 0.3 cup sugar

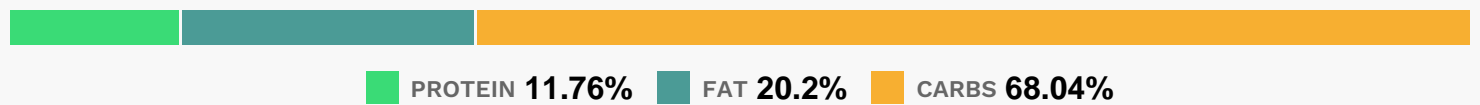
Equipment

- bowl
- sauce pan

Directions

- Combine 1 package raspberries, sugar, and juice in a small saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer 8 minutes, stirring occasionally to break up berries.
- Place raspberry mixture and remaining package raspberries in a medium bowl; cool 5 minutes in freezer.
- Place 2 tablespoons yogurt in each of 4 glasses. Top each serving with 3 tablespoons raspberry mixture and 1 1/2 teaspoons chocolate shavings. Repeat procedure with remaining 1/2 cup yogurt, 3/4 cup raspberry mixture, and 2 tablespoons chocolate.

Nutrition Facts



Properties

Glycemic Index:37.02, Glycemic Load:10.37, Inflammation Score:-4, Nutrition Score:7.6717391104802%

Flavonoids

Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 204.9kcal (10.25%), Fat: 4.8g (7.38%), Saturated Fat: 2.43g (15.17%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 29.95g (10.89%), Sugar: 27.77g (30.86%), Cholesterol: 2.55mg (0.85%), Sodium: 19.18mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.41mg (3.14%), Protein: 6.29g (12.58%), Manganese: 0.72mg (35.82%), Vitamin C: 26.53mg (32.16%), Fiber: 6.42g (25.68%), Copper: 0.22mg (10.88%), Magnesium: 38.9mg (9.72%), Potassium: 258.76mg (7.39%), Iron: 1.3mg (7.23%), Vitamin K: 7.43µg (7.08%), Phosphorus: 54.55mg (5.45%), Vitamin E: 0.81mg (5.39%), Folate: 20.41µg (5.1%), Zinc: 0.65mg (4.35%), Vitamin B5: 0.33mg (3.29%),

Vitamin B3: 0.63mg (3.17%), Calcium: 29.67mg (2.97%), Vitamin B6: 0.05mg (2.69%), Vitamin B1: 0.04mg (2.56%),
Vitamin B2: 0.04mg (2.51%), Selenium: 1.17 μ g (1.67%), Vitamin A: 50.53IU (1.01%)