



Raspberry Crunch Pudding Parfaits

 Dairy Free

READY IN



14 min.

SERVINGS



6

CALORIES



584 kcal

Ingredients

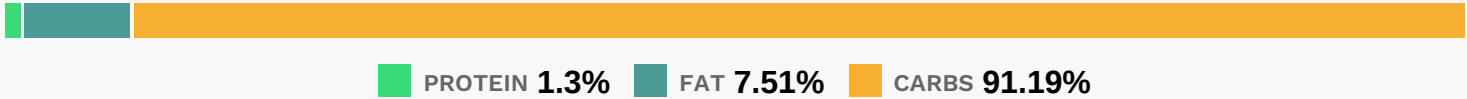
- ☐ 0.8 cup chocolate wafer crumbs (14 cookies; such as Nabisco Famous Chocolate Wafers)
- ☐ 0.5 cup low-sugar raspberry preserves red
- ☐ 22.5 ounce vanilla pudding cups refrigerated sugar-free (such as Jell-O)
- ☐ 1.5 cups non-dairy whipped topping frozen thawed reduced-calorie

Equipment

Directions

- ☐ Spoon 1 tablespoon cookie crumbs into each of 6 (6-ounce) stemmed glasses. Top each with half of a pudding cup and 2 teaspoons raspberry preserves. Repeat procedure once. Spoon 1/4 cup whipped topping onto each parfait.
- ☐ Serve immediately, or chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:17.42, Glycemic Load:15.37, Inflammation Score:1, Nutrition Score:2.5913043333137%

Nutrients (% of daily need)

Calories: 584.3kcal (29.22%), Fat: 4.89g (7.52%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 133.53g (44.51%), Net Carbohydrates: 132.1g (48.04%), Sugar: 107.75g (119.72%), Cholesterol: 0.65mg (0.22%), Sodium: 778.84mg (33.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Copper: 0.12mg (5.87%), Manganese: 0.12mg (5.86%), Fiber: 1.43g (5.7%), Vitamin B2: 0.09mg (5.26%), Iron: 0.8mg (4.47%), Phosphorus: 39.86mg (3.99%), Selenium: 2.77µg (3.96%), Vitamin C: 2.49mg (3.02%), Calcium: 28.63mg (2.86%), Potassium: 91.42mg (2.61%), Folate: 10.26µg (2.56%), Magnesium: 9.87mg (2.47%), Vitamin B1: 0.04mg (2.45%), Vitamin B3: 0.43mg (2.15%), Vitamin E: 0.23mg (1.52%), Zinc: 0.21mg (1.4%)