



## Raspberry-Lemon Parfaits

READY IN



5 min.

SERVINGS



4

CALORIES



590 kcal

DESSERT

### Ingredients

- ☐ 3 cups angel food cake cubed (1-inch)
- ☐ 12 ounce cartons lemon meringue yogurt light thick (such as Yoplait and Creamy)
- ☐ 12 ounce raspberries fresh ()
- ☐ 2 tablespoons sugar
- ☐ 4 ounces non-dairy whipped topping fat-free frozen thawed

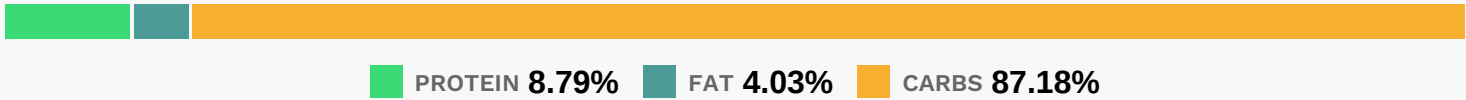
### Equipment

- ☐ bowl

# Directions

- ☐ Combine raspberries and sugar in a medium bowl.
- ☐ Let stand 5 minutes, stirring occasionally.
- ☐ Place yogurt in another bowl; gently fold in whipped topping until combined.
- ☐ Layer about 1/3 cup each angel food cake, raspberry mixture, and yogurt mixture in each of 4 stemmed glasses. Repeat procedure once.
- ☐ Garnish with additional raspberries, if desired.
- ☐ Serve immediately, or chill until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:30.4, Glycemic Load:6.8, Inflammation Score:-6, Nutrition Score:18.003043304319%

## 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: 18.17mg, Eriodictyol: 18.17mg, Eriodictyol: 18.17mg, Eriodictyol: 18.17mg Hesperetin: 23.73mg, Hesperetin: 23.73mg, Hesperetin: 23.73mg, Hesperetin: 23.73mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## Nutrients (% of daily need)

Calories: 590.25kcal (29.51%), Fat: 2.78g (4.27%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 135.27g (45.09%), Net Carbohydrates: 126.89g (46.14%), Sugar: 70.53g (78.37%), Cholesterol: 4.54mg (1.51%), Sodium: 929.75mg (40.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.26%), Vitamin C: 67.36mg (81.65%), Phosphorus: 469.21mg (46.92%), Selenium: 28.55µg (40.78%), Manganese: 0.71mg (35.37%), Fiber: 8.38g (33.51%),

Vitamin B2: 0.55mg (32.29%), Calcium: 223.1mg (22.31%), Vitamin B1: 0.23mg (15.63%), Potassium: 516.07mg (14.74%), Folate: 55.1µg (13.78%), Copper: 0.23mg (11.72%), Magnesium: 41.98mg (10.49%), Iron: 1.52mg (8.43%), Vitamin B6: 0.16mg (7.93%), Vitamin B12: 0.47µg (7.88%), Vitamin K: 6.9µg (6.57%), Vitamin B5: 0.64mg (6.37%), Vitamin E: 0.91mg (6.07%), Vitamin B3: 0.97mg (4.85%), Zinc: 0.73mg (4.85%), Vitamin A: 96.39IU (1.93%)