



Red Velvet Parfaits

READY IN



15 min.

SERVINGS



4

CALORIES



917 kcal

DESSERT

Ingredients

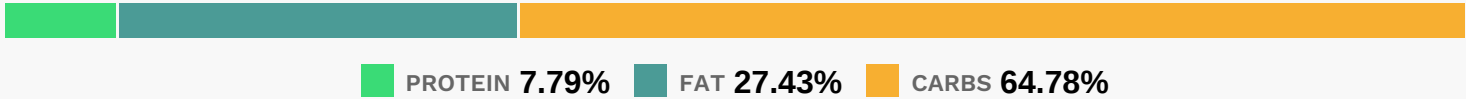
- ☐ 24 oz john d. taylor's velvet falernum light fat free red yoplait®
- ☐ 24 oz vanilla yogurt light fat free yoplait®
- ☐ 4 teaspoons raspberry jam seedless
- ☐ 0.8 oz chocolate-hazelnut pirouette cookies crushed crisp thin

Equipment

Directions

- ☐ In each of 4 tall parfait glasses, place 1/2 container red velvet yogurt; top with 1/2 container vanilla yogurt. Spoon 1 teaspoon jam over vanilla yogurt in each. Repeat with remaining yogurts. Top each with 1 tablespoon crushed cookies.
- ☐ Serve immediately, or refrigerate before serving.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:4.58, Inflammation Score:-6, Nutrition Score:22.996956415798%

Nutrients (% of daily need)

Calories: 916.92kcal (45.85%), Fat: 29.48g (45.36%), Saturated Fat: 7.17g (44.79%), Carbohydrates: 156.64g (52.21%), Net Carbohydrates: 152.29g (55.38%), Sugar: 94.16g (104.63%), Cholesterol: 8.62mg (2.87%), Sodium: 1551.1mg (67.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 19.28mg (6.43%), Protein: 18.83g (37.65%), Phosphorus: 697.8mg (69.78%), Calcium: 549.19mg (54.92%), Iron: 8.04mg (44.66%), Selenium: 29.89µg (42.71%), Vitamin B2: 0.63mg (37.33%), Copper: 0.74mg (36.8%), Folate: 127.64µg (31.91%), Magnesium: 110.48mg (27.62%), Potassium: 951.28mg (27.18%), Vitamin B1: 0.37mg (24.89%), Manganese: 0.43mg (21.44%), Zinc: 2.84mg (18.93%), Fiber: 4.35g (17.42%), Vitamin B3: 3.07mg (15.35%), Vitamin B12: 0.91µg (15.11%), Vitamin E: 1.97mg (13.15%), Vitamin B5: 1.19mg (11.94%), Vitamin B6: 0.15mg (7.36%), Vitamin K: 6.77µg (6.45%), Vitamin C: 1.98mg (2.4%), Vitamin A: 78.93IU (1.58%)