



Red, White and Blue Parfaits

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



425 kcal

DESSERT

Ingredients

- ☐ 40 blueberries
- ☐ 3 tablespoons cornstarch
- ☐ 2 large egg yolk
- ☐ 4 oz strawberry gelatin red instant flavored (such as cherry or strawberry Jell-O)
- ☐ 1 cup half and half
- ☐ 1.5 cups milk
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar

- ☐ 1 tablespoon butter unsalted
- ☐ 1.5 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk 1/2 cup milk, cornstarch and yolks until smooth. In a pan, stir 1 cup milk, half-and-half, salt and sugar. Bring to a boil over medium-high heat, stirring until sugar dissolves.
- ☐ Remove from heat.
- ☐ Whisking yolk mixture constantly, drizzle in hot milk.
- ☐ Pour mixture back into saucepan and cook for 1 minute, stirring constantly as pudding thickens.
- ☐ Remove from heat; whisk in vanilla and butter.
- ☐ Pour pudding into a large bowl. Cover with plastic wrap so that plastic touches surface of pudding.
- ☐ Let cool for 20 minutes, then refrigerate until cold, at least 3 hours.
- ☐ Chill 4 8-oz. glasses. Make gelatin: Put gelatin in a bowl.
- ☐ Pour in 1 cup of boiling water; whisk until gelatin dissolves, about 2 minutes. Stir in 1 cup of cold water. Keep at room temperature.
- ☐ Pour 1/4 cup gelatin into each glass. Chill until firm, 1 hour. Spoon in 1/4 cup pudding, smooth tops and freeze until firm, about 1 hour. Slowly pour 1/4 cup gelatin over pudding in each cup (you will use up gelatin mixture); chill until firm, 1 hour. Top with final layer of pudding. Divide blueberries among parfaits and serve.

Nutrition Facts



Properties

Glycemic Index:37.02, Glycemic Load:19.71, Inflammation Score:-4, Nutrition Score:7.4878260104553%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Petunidin: 4.1mg, Petunidin: 4.1mg, Petunidin: 4.1mg, Petunidin: 4.1mg Delphinidin: 4.61mg, Delphinidin: 4.61mg, Delphinidin: 4.61mg, Delphinidin: 4.61mg Malvidin: 8.79mg, Malvidin: 8.79mg, Malvidin: 8.79mg, Malvidin: 8.79mg Peonidin: 2.64mg, Peonidin: 2.64mg, Peonidin: 2.64mg, Peonidin: 2.64mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 425.47kcal (21.27%), Fat: 15.1g (23.24%), Saturated Fat: 8.57g (53.56%), Carbohydrates: 65.29g (21.76%), Net Carbohydrates: 64.92g (23.61%), Sugar: 57.78g (64.2%), Cholesterol: 131.48mg (43.83%), Sodium: 218.99mg (9.52%), Alcohol: 0.52g (100%), Alcohol %: 0.27% (100%), Protein: 8.6g (17.2%), Phosphorus: 226.28mg (22.63%), Calcium: 191.26mg (19.13%), Vitamin B2: 0.31mg (18.4%), Selenium: 10.7µg (15.29%), Vitamin B12: 0.78µg (13.01%), Vitamin A: 579.46IU (11.59%), Vitamin D: 1.52µg (10.12%), Vitamin B5: 0.79mg (7.95%), Potassium: 242.11mg (6.92%), Vitamin B6: 0.12mg (6.17%), Vitamin B1: 0.09mg (6.02%), Zinc: 0.84mg (5.61%), Magnesium: 19.23mg (4.81%), Folate: 15.96µg (3.99%), Vitamin E: 0.57mg (3.81%), Vitamin K: 3.87µg (3.69%), Manganese: 0.06mg (3.18%), Copper: 0.06mg (3.01%), Vitamin C: 1.81mg (2.19%), Iron: 0.38mg (2.1%), Fiber: 0.37g (1.46%), Vitamin B3: 0.23mg (1.14%)