



Sandra's No-Bake Fruit and Cheesecake Parfaits

READY IN



135 min.

SERVINGS



4

CALORIES



184 kcal

Ingredients

- 1 large banana
- 4 servings graham cracker crumbs
- 1 package cheesecake pudding instant (recommended: JELL-O brand)
- 1 kiwi fruit
- 1 package lime gelatin mix (4-serving size) (recommended: JELL-O brand)
- 1.5 cups milk cold
- 1 cup water boiling

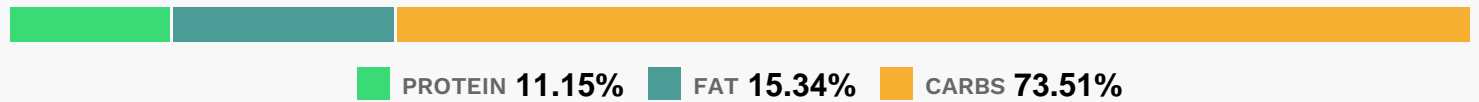
Equipment

- whisk
- ziploc bags

Directions

- Add 1 package lime gelatin to boiling water.
- Whisk together and pour into 4 glasses.
- Cut the skin off the kiwi and slice. Peel and slice banana.
- Add 3 slices each of kiwi and banana per glass.
- Place parfaits into cooler or refrigerator to set up for about 2 hours.
- Whisk together instant cheesecake pudding mix and milk.
- Transfer to a piping bag or plastic bag. Pipe on top of parfaits.
- Garnish with graham cracker crumbs.

Nutrition Facts



Properties

Glycemic Index:54.86, Glycemic Load:7.24, Inflammation Score:-3, Nutrition Score:6.8643478103306%

Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 184.24kcal (9.21%), Fat: 3.27g (5.03%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 35.29g (11.76%), Net Carbohydrates: 33.69g (12.25%), Sugar: 29.11g (32.34%), Cholesterol: 11.05mg (3.68%), Sodium: 145.77mg (6.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.71%), Vitamin C: 19.95mg (24.19%), Phosphorus: 139.61mg (13.96%), Calcium: 125.45mg (12.55%), Vitamin B2: 0.17mg (9.88%), Vitamin B6: 0.2mg (9.78%), Vitamin K: 9.61µg (9.16%), Potassium: 307.8mg (8.79%), Vitamin B12: 0.49µg (8.23%), Vitamin D: 1.01µg (6.71%), Fiber: 1.61g (6.42%), Magnesium: 25.41mg (6.35%), Manganese: 0.12mg (6%), Selenium: 3.55µg (5.07%), Vitamin B5: 0.5mg (4.99%), Vitamin B1: 0.07mg (4.72%), Copper: 0.09mg (4.64%), Vitamin A: 189.8IU (3.8%), Folate: 13.81µg (3.45%),

Zinc: 0.49mg (3.24%), Vitamin E: 0.38mg (2.5%), Vitamin B3: 0.45mg (2.23%), Iron: 0.22mg (1.22%)