



## Strawberry Cheesecake Parfaits

READY IN



20 min.

SERVINGS



2

CALORIES



1175 kcal

DESSERT

### Ingredients

- 0.1 teaspoon almond extract
- 2.5 cups angel food cake
- 0.3 cup powdered sugar divided
- 3 ounces cream cheese softened
- 0.3 cup heavy whipping cream
- 0.3 cup cream sour
- 2 strawberries fresh whole halved
- 1 tablespoon sugar
- 0.5 teaspoon vanilla extract divided

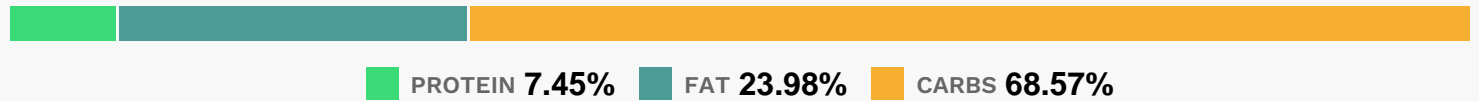
# Equipment

bowl

# Directions

- In a small bowl, combine sliced strawberries and sugar; set aside. In a small bowl, beat the cream cheese and 1/3 cup confectioners' sugar.
- Add the sour cream, 1/4 teaspoon vanilla and almond extract.
- In a small bowl, beat cream until it begins to thicken.
- Add the remaining confectioners' sugar and vanilla; beat until soft peaks form. Fold into cream cheese mixture.
- In two parfait glasses, layer a fourth of the sliced strawberry mixture, cake cubes and cream mixture. Repeat layers. Cover and refrigerate for at least 1 hour. Top each parfait with two strawberry halves.

# Nutrition Facts



# Properties

Glycemic Index:68.55, Glycemic Load:5.1, Inflammation Score:-7, Nutrition Score:16.53347826004%

# Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

# Nutrients (% of daily need)

Calories: 1175.29kcal (58.76%), Fat: 31.89g (49.06%), Saturated Fat: 18.47g (115.41%), Carbohydrates: 205.14g (68.38%), Net Carbohydrates: 204.3g (74.29%), Sugar: 119.94g (133.27%), Cholesterol: 93.53mg (31.18%), Sodium: 1662.37mg (72.28%), Alcohol: 0.43g (100%), Alcohol %: 0.13% (100%), Protein: 22.28g (44.57%), Phosphorus: 773.67mg (77.37%), Selenium: 51.06µg (72.95%), Vitamin B2: 0.75mg (44.06%), Calcium: 340.66mg (34.07%), Vitamin A: 1188.98IU (23.78%), Vitamin B1: 0.24mg (16.22%), Potassium: 540.3mg (15.44%), Manganese: 0.24mg (12.23%), Folate: 48.07µg (12.02%), Copper: 0.23mg (11.28%), Vitamin C: 7.49mg (9.08%), Magnesium: 34.15mg (8.54%), Vitamin B5: 0.76mg (7.56%), Vitamin E: 0.81mg (5.42%), Zinc: 0.78mg (5.23%), Vitamin B12: 0.29µg (4.84%), Iron: 0.84mg (4.68%), Vitamin B6: 0.07mg (3.34%), Fiber: 0.83g (3.33%), Vitamin D: 0.48µg (3.17%), Vitamin B3: 0.59mg (2.96%), Vitamin K: 2.84µg (2.7%)