



Strawberry Cream Parfait

 Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



403 kcal

DESSERT

Ingredients

- 16 chocolate chip cookie mix divided (2 inch)
- 1 Tbsp lemon zest grated
- 24 marshmallows jet-puffed
- 10 oz strawberries in syrup frozen thawed sliced
- 2 Tbsp water
- 1.5 cups cool whip whipped topping divided thawed

Equipment

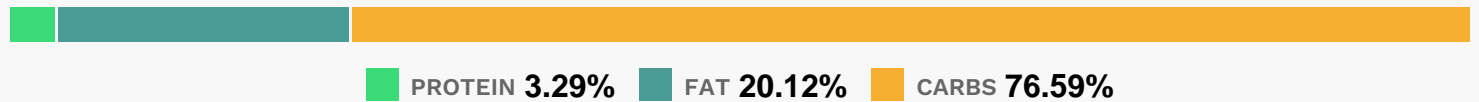
- sauce pan

whisk

Directions

- Halve 6 of the cookies; reserve for garnish. Coarsely crush remaining 10 cookies; set aside.
- Place marshmallows in large saucepan.
- Add water; cook on medium heat until marshmallows are completely melted, stirring constantly.
- Remove from heat. Stir in strawberries and lemon zest. Refrigerate 30 min.
- Add 1 cup of the whipped topping to strawberry mixture; stir with wire whisk until well blended. Alternately layer strawberry mixture and crushed cookies in 6 (6-oz.) parfait glasses, beginning and ending with strawberry layers. Refrigerate at least 1 hour. Top with the remaining 1/2 cup whipped topping and reserved cookie halves just before serving.

Nutrition Facts



Properties

Glycemic Index:18.19, Glycemic Load:23.02, Inflammation Score:-1, Nutrition Score:2.0265217425059%

Nutrients (% of daily need)

Calories: 402.85kcal (20.14%), Fat: 9.58g (14.75%), Saturated Fat: 4.95g (30.94%), Carbohydrates: 82.08g (27.36%), Net Carbohydrates: 81.13g (29.5%), Sugar: 58.22g (64.69%), Cholesterol: 2.72mg (0.91%), Sodium: 175.06mg (7.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.05%), Vitamin B1: 0.1mg (6.76%), Folate: 20.63µg (5.16%), Calcium: 47.14mg (4.71%), Vitamin B2: 0.07mg (4.16%), Fiber: 0.96g (3.82%), Vitamin B3: 0.63mg (3.16%), Phosphorus: 30.61mg (3.06%), Magnesium: 11.75mg (2.94%), Iron: 0.44mg (2.46%), Potassium: 75.32mg (2.15%), Vitamin C: 1.29mg (1.56%), Copper: 0.03mg (1.54%), Selenium: 0.93µg (1.33%), Zinc: 0.18mg (1.2%)