



Strawberry-Mango Parfaits with Ginger Topping

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



423 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons candied ginger coarsely chopped
- ☐ 0.5 cup gingersnaps
- ☐ 2 tablespoons granulated sugar to taste
- ☐ 1 pint cranberry-orange relish
- ☐ 2 tablespoons orange juice
- ☐ 2 teaspoons orange zest grated
- ☐ 1 pint strawberries stemmed sliced

☐ 1 pint strawberry ice cream

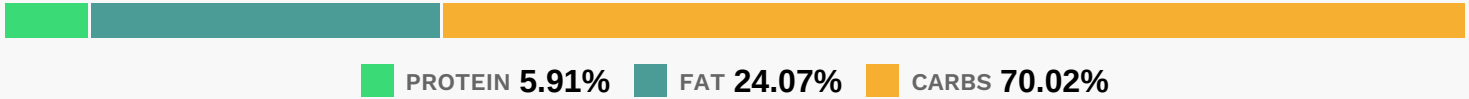
Equipment

☐ bowl

Directions

- ☐ Toss strawberries, sugar, juice, and rind in a bowl and set aside.
- ☐ Place scoops of sorbet and ice cream in deep bowls or parfait glasses. Top with a layer of sauce, and repeat with another layer of sorbet and ice cream. Top with remaining sauce, crumbs, and ginger.

Nutrition Facts



Properties

Glycemic Index:51.15, Glycemic Load:12.05, Inflammation Score:-8, Nutrition Score:17.006956421811%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 33.25mg, Hesperetin: 33.25mg, Hesperetin: 33.25mg, Hesperetin: 33.25mg Naringenin: 18.61mg, Naringenin: 18.61mg, Naringenin: 18.61mg, Naringenin: 18.61mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 423.29kcal (21.16%), Fat: 11.86g (18.24%), Saturated Fat: 6.52g (40.77%), Carbohydrates: 77.6g (25.87%), Net Carbohydrates: 70.9g (25.78%), Sugar: 30.15g (33.49%), Cholesterol: 34.31mg (11.44%), Sodium: 151.49mg (6.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.11%), Vitamin C: 147.21mg (178.43%), Manganese: 0.8mg (39.98%), Fiber: 6.7g (26.81%), Vitamin B2: 0.42mg (24.76%), Folate: 93.21µg (23.3%), Calcium: 221.68mg (22.17%), Potassium: 685.61mg (19.59%), Phosphorus: 176.62mg (17.66%), Vitamin B1: 0.22mg (14.78%), Vitamin B5: 1.37mg (13.7%), Vitamin A: 680.38IU (13.61%), Magnesium: 51.85mg (12.96%), Vitamin B6: 0.2mg (10.24%), Copper: 0.2mg (10.1%), Iron: 1.78mg (9.91%), Vitamin B3: 1.49mg (7.46%), Vitamin B12: 0.35µg (5.91%), Selenium: 4.09µg (5.84%), Zinc: 0.74mg (4.9%), Vitamin E: 0.7mg (4.66%), Vitamin K: 2.96µg (2.82%)