



Strawberry Margarita Parfaits

 Gluten Free

READY IN



155 min.

SERVINGS



6

CALORIES



400 kcal

Ingredients

- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons orange juice
- ☐ 1 teaspoon gelatin powder unflavored
- ☐ 1 tablespoon tequila
- ☐ 1 tablespoon pear liqueur orange-flavored
- ☐ 2 teaspoons lime zest grated
- ☐ 14 oz condensed milk sweetened canned
- ☐ 1 cup whipping cream
- ☐ 4 cups strawberries fresh sliced

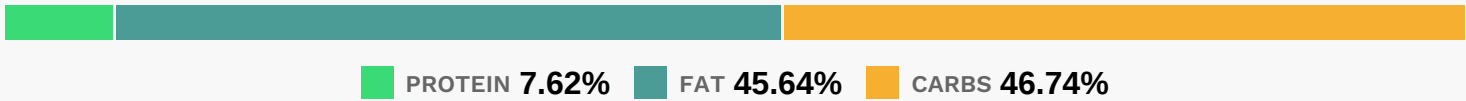
Equipment

- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ In medium saucepan, combine lime juice and orange juice.
- ☐ Sprinkle gelatin over top; let stand 1 minute to soften.
- ☐ Heat over low heat until clear and dissolved, stirring occasionally. Cool 5 minutes.
- ☐ Add tequila, liqueur, lime peel and condensed milk to gelatin mixture; mix well. Fold in whipped cream.
- ☐ Divide one-third of the strawberries among individual 10-oz. parfait glasses. Top with half of the tequila mixture. Top with half of the remaining strawberries and all of the remaining tequila mixture. Top with remaining strawberries. Cover glasses with plastic wrap; refrigerate at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:24.45, Inflammation Score:-7, Nutrition Score:12.582173865774%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg

Naringenin: 0.43mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.13mg, Quercetin: 1.13mg,
Quercetin: 1.13mg, Quercetin: 1.13mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg,
Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 400.27kcal (20.01%), Fat: 20.38g (31.36%), Saturated Fat: 12.77g (79.83%), Carbohydrates: 46.96g
(15.65%), Net Carbohydrates: 44.97g (16.35%), Sugar: 43.45g (48.28%), Cholesterol: 67.31mg (22.44%), Sodium:
97.28mg (4.23%), Alcohol: 1.83g (100%), Alcohol %: 1.04% (100%), Protein: 7.66g (15.32%), Vitamin C: 64.46mg
(78.13%), Calcium: 232.02mg (23.2%), Vitamin B2: 0.38mg (22.11%), Phosphorus: 216.26mg (21.63%), Manganese:
0.38mg (18.94%), Selenium: 11.65µg (16.64%), Vitamin A: 787.95IU (15.76%), Potassium: 453.94mg (12.97%), Folate:
34.86µg (8.72%), Magnesium: 34.07mg (8.52%), Fiber: 1.99g (7.96%), Vitamin B5: 0.74mg (7.43%), Vitamin B1: 0.1mg
(6.58%), Vitamin B12: 0.35µg (5.91%), Zinc: 0.87mg (5.77%), Vitamin E: 0.78mg (5.17%), Vitamin D: 0.77µg (5.11%),
Vitamin B6: 0.1mg (4.96%), Copper: 0.08mg (4.05%), Vitamin K: 3.85µg (3.67%), Iron: 0.59mg (3.29%), Vitamin B3:
0.57mg (2.87%)