



Strawberry Parfaits

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



37 kcal

Ingredients

- 2 oz philadelphia cream cheese softened ()
- 0.5 cup strawberries fresh sliced
- 2 Tbsp strawberry jam
- 0.3 cup cool whip whipped topping thawed

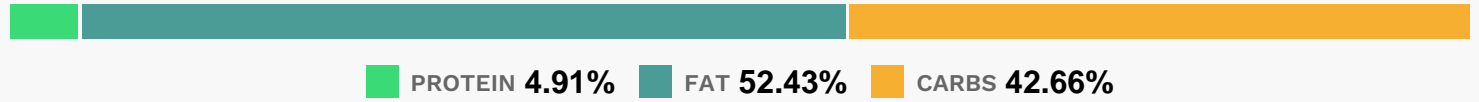
Equipment

- bowl

Directions

- Mix cream cheese and jam in medium bowl until well blended. Stir in COOL WHIP.
- Spoon 1/4 cup strawberries into each of two parfait or dessert glasses.
- Top with the cream cheese mixture.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:1.74, Inflammation Score:-1, Nutrition Score:0.80565217526063%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 37.47kcal (1.87%), Fat: 2.22g (3.42%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 3.88g (1.41%), Sugar: 2.95g (3.28%), Cholesterol: 5.76mg (1.92%), Sodium: 20.51mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin C: 4.59mg (5.56%), Vitamin A: 78.4IU (1.57%), Manganese: 0.03mg (1.5%), Vitamin B2: 0.02mg (1.14%)