

Strawberry Parfaits

READY IN



45 min.

SERVINGS



4

CALORIES



357 kcal

DESSERT

Ingredients

- ☐ 1 cup amaretti cookie crumbs (8 cookies)
- ☐ 1 cup whole-milk ricotta cheese fat-free
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup powdered sugar
- ☐ 2 tablespoons slivered almonds toasted
- ☐ 4 cups strawberries divided sliced
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon water
- ☐ 0.5 cup non-dairy whipped topping frozen thawed reduced-calorie

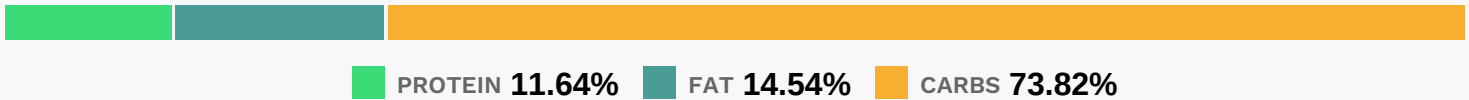
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ blender

Directions

- ☐ Place 2 cups of strawberry slices and granulated sugar in a blender or food processor, and process until smooth. Set strawberry puree aside.
- ☐ Combine ricotta and next 4 ingredients (ricotta through vanilla) in a medium bowl; stir well with a whisk. Spoon 2 tablespoons cookie crumbs into each of 4 parfait glasses. Top each portion with 2 tablespoons strawberry puree, 1/4 cup strawberry slices, and 3 tablespoons ricotta mixture; repeat the layers.
- ☐ Drizzle the remaining strawberry puree over each serving. Chill for 2 hours. Top each parfait with 2 tablespoons whipped topping and 1 1/2 teaspoons almonds.

Nutrition Facts



Properties

Glycemic Index:30.02, Glycemic Load:12.04, Inflammation Score:-5, Nutrition Score:10.842608666938%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.54mg, Catechin: 4.54mg, Catechin: 4.54mg, Catechin: 4.54mg Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg

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Nutrients (% of daily need)

Calories: 356.66kcal (17.83%), Fat: 5.84g (8.98%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 66.65g (22.22%), Net Carbohydrates: 62.05g (22.56%), Sugar: 54.32g (60.36%), Cholesterol: 10.03mg (3.34%), Sodium: 160.87mg (6.99%), Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 10.5g (21.01%), Vitamin C: 84.67mg (102.63%), Manganese: 0.67mg (33.66%), Fiber: 4.6g (18.4%), Calcium: 141.97mg (14.2%), Vitamin E: 1.74mg (11.63%), Folate: 37.04µg (9.26%), Magnesium: 33.03mg (8.26%), Potassium: 268.32mg (7.67%), Iron: 1.19mg (6.62%), Phosphorus: 65.61mg (6.56%), Copper: 0.12mg (6.21%), Vitamin B2: 0.1mg (5.99%), Vitamin B6: 0.08mg (3.83%), Vitamin B3: 0.75mg (3.75%), Vitamin K: 3.47µg (3.3%), Vitamin B1: 0.05mg (3.12%), Zinc: 0.37mg (2.47%), Vitamin B5: 0.2mg (2.04%), Selenium: 1.13µg (1.61%)