



Sweetheart Parfaits for Two

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



21 kcal

Ingredients

- 2 jell-o chocolate flavor pudding snacks sugar free
- 0.3 tsp ground cinnamon
- 0.3 cup planters slivered almonds toasted
- 0.5 cup strawberries fresh thinly sliced
- 2 Tbsp cool whip whipped topping sugar free thawed

Equipment

- bowl

Directions

- Empty pudding snacks into small bowl; stir in cinnamon.
- Spoon half the pudding evenly into 2 parfait glasses; top with layers of half each of the berries and nuts. Repeat layers.
- Top with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:1.3308695566071%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg 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: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg 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 Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 20.87kcal (1.04%), Fat: 1.49g (2.29%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.82g (0.91%), Cholesterol: 0.02mg (0.01%), Sodium: 3.61mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Vitamin C: 4.24mg (5.13%), Manganese: 0.1mg (5.08%), Vitamin E: 0.72mg (4.79%), Magnesium: 8.42mg (2.1%), Fiber: 0.52g (2.09%), Vitamin B2: 0.03mg (1.96%), Copper: 0.03mg (1.61%), Phosphorus: 15.57mg (1.56%)