

Two-Berry Parfaits

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



484 kcal

DESSERT

Ingredients

- 2 tablespoons cornstarch
- 2 teaspoons juice of lemon
- 10 ounces raspberries unsweetened frozen thawed
- 8 ounces cream sour
- 2 cups strawberries sweetened frozen thawed sliced
- 0.3 cup sugar
- 1 quart whipped cream

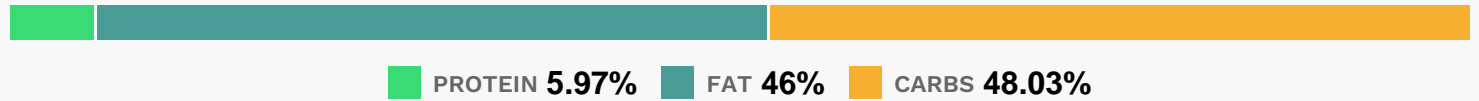
Equipment

- sauce pan
- measuring cup

Directions

- Drain raspberries, reserving juice in a 1-cup measuring cup. Set raspberries aside.
- Add enough water to juice to measure 1 cup. In a saucepan, combine sugar and cornstarch; stir in raspberry juice mixture until smooth.
- Add the strawberries. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened.
- Remove from heat; stir in lemon juice and raspberries. Cover and refrigerate for 30 minutes.
- In six parfait glasses, layer 2 tablespoons berry sauce, one scoop of ice cream, 2–3 tablespoons sour cream, 3 tablespoons sauce and another scoop of ice cream.
- Drizzle with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:32.85, Glycemic Load:29.6, Inflammation Score:-7, Nutrition Score:13.403913166212%

Flavonoids

Cyanidin: 22.43mg, Cyanidin: 22.43mg, Cyanidin: 22.43mg, Cyanidin: 22.43mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 12.39mg, Pelargonidin: 12.39mg, Pelargonidin: 12.39mg, Pelargonidin: 12.39mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 483.87kcal (24.19%), Fat: 25.17g (38.72%), Saturated Fat: 14.54g (90.9%), Carbohydrates: 59.13g (19.71%), Net Carbohydrates: 53.97g (19.62%), Sugar: 47.52g (52.8%), Cholesterol: 91.7mg (30.57%), Sodium: 139.19mg (6.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.69%), Vitamin C: 42.53mg (51.56%), Vitamin B2: 0.47mg (27.79%), Manganese: 0.52mg (26.03%), Calcium: 259.8mg (25.98%), Phosphorus: 220.04mg (22%), Fiber: 5.16g (20.66%), Vitamin A: 920.97IU (18.42%), Potassium: 507.87mg (14.51%), Vitamin B5: 1.26mg (12.61%), Vitamin B12: 0.69µg (11.58%), Magnesium: 42.68mg (10.67%), Zinc: 1.48mg (9.88%), Folate: 31.93µg (7.98%), Vitamin E: 1.17mg (7.8%), Vitamin B6: 0.14mg (7.03%), Selenium: 4.65µg (6.64%), Vitamin B1: 0.1mg (6.62%), Copper: 0.11mg (5.54%), Vitamin K: 5.78µg (5.51%), Iron: 0.71mg (3.94%), Vitamin B3: 0.69mg (3.44%), Vitamin D: 0.32µg (2.1%)