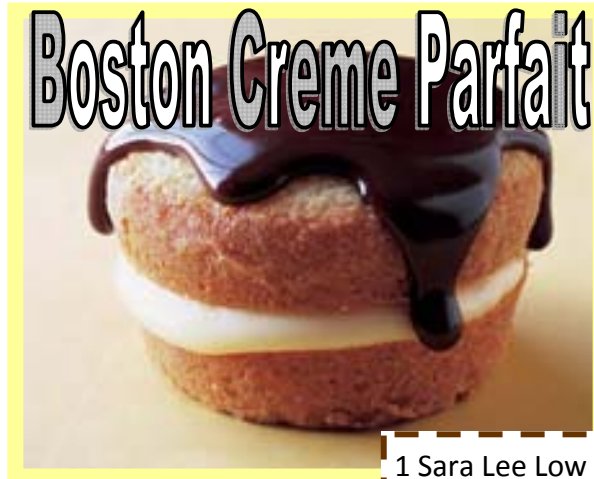

Featured Recipe at

The Nest in Louisville Hall



Crumble up one slice of low-fat poundcake and place in the bottom of a glass. Then layer some of the vanilla pudding, followed by a layer of dark chocolate chips; repeat until glass is full, ending with chocolate chips.

- 1 Sara Lee Low Fat Poundcake
- 1 cup fat-free, sugar-free vanilla pudding
- 1 cup dark chocolate chips

The Nest convenience store located in Louisville Hall.



Boston Creme Parfait

Nutrition Facts

Serving Size 1 parfait
Serving per Recipe 2

Amount per RECIPE

Calories 400	Calories from Fat 162	
		% Daily Value
Total Fat 18g		27%
Saturated Fat 12g		60%
Cholesterol 0mg		0%
Sodium 380mg		15%
Total Carbohydrate 66g		22%
Dietary Fiber 0g		0%
Sugars 36g		
Protein 6g		12%
Est. Percent Calories From:		
Fat		41%
Carbs		66%
Protein		6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

Note: This recipe will make more than one serving, therefore the nutrition facts are based off of the recipe rather than the serving size.

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