



Apple Pie Parfaits

 Dairy Free

READY IN



31 min.

SERVINGS



8

CALORIES



252 kcal

DESSERT

Ingredients

- 2 cinnamon sticks
- 3 ounce granola snack bars crumbled (such as Nature Valley Oats 'N Honey; 4 bars)
- 0.7 cup brown sugar light packed
- 4 large delicious apples red cored peeled cut into chunks (5 1/2 cups)
- 1 tablespoon vanilla extract
- 2 cups vanilla-caramel ice cream light reduced-fat (such as Edy's Slow Churned Caramel Delight)
- 1 cup water

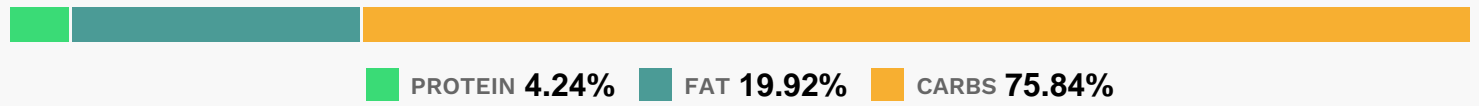
Equipment

sauce pan

Directions

- Combine first 4 ingredients in a medium saucepan over medium heat; simmer 15 minutes or until apples are tender and mixture thickens.
- Remove from heat; let stand 5 minutes. Stir in vanilla.
- Spoon 1/4 cup apple mixture into each of 8 (8-ounce) parfait glasses. Top each with 2 tablespoons granola, 1/4 cup ice cream, 1/4 cup apple mixture, and 2 tablespoons granola.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:8.69, Inflammation Score:-3, Nutrition Score:5.667391333891%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 252.45kcal (12.62%), Fat: 5.75g (8.84%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 49.21g (16.4%), Net Carbohydrates: 45.29g (16.47%), Sugar: 38.77g (43.08%), Cholesterol: 14.52mg (4.84%), Sodium: 37.87mg (1.65%), Alcohol: 0.56g (100%), Alcohol %: 0.34% (100%), Protein: 2.75g (5.51%), Manganese: 0.49mg (24.74%), Fiber: 3.92g (15.7%), Calcium: 83.12mg (8.31%), Phosphorus: 79.56mg (7.96%), Vitamin B2: 0.13mg (7.6%), Potassium: 256.78mg (7.34%), Vitamin C: 5.37mg (6.51%), Magnesium: 22.53mg (5.63%), Vitamin E: 0.73mg (4.86%), Iron: 0.83mg (4.62%), Vitamin B1: 0.07mg (4.39%), Copper: 0.09mg (4.3%), Vitamin B6: 0.08mg (4.18%), Vitamin A: 201.72IU (4.03%), Selenium: 2.68µg (3.83%), Vitamin B5: 0.35mg (3.48%), Zinc: 0.51mg (3.41%), Vitamin K: 3.29µg (3.14%), Vitamin B12: 0.14µg (2.27%), Folate: 8.85µg (2.21%), Vitamin B3: 0.28mg (1.4%)