



Butterscotch-Amaretti Parfaits

READY IN



45 min.

SERVINGS



8

CALORIES



294 kcal

DESSERT

Ingredients

- 0.5 cup amaretti cookie crumbs (8 cookies)
- 2 tablespoons butter
- 2 tablespoons cornstarch
- 0.8 cup brown sugar dark packed
- 2 large egg yolks
- 16 cakelike ladyfingers
- 1.5 cups milk 2% reduced-fat
- 0.1 teaspoon salt
- 2 teaspoons vanilla extract

1.5 cups non-dairy whipped topping frozen divided thawed reduced-calorie

Equipment

- bowl
- sauce pan
- plastic wrap

Directions

- Combine the first 5 ingredients in a medium saucepan. Bring to a simmer over medium heat, stirring frequently, and cook until thick and bubbly (about 2 minutes).
- Remove from heat; stir in the butter and vanilla.
- Pour into a bowl; cover surface of pudding with plastic wrap, and chill.
- Remove plastic wrap, and fold in 1 cup whipped topping.
- Split ladyfingers in half lengthwise. Line each of 8 parfait glasses with 4 ladyfinger halves, standing the halves upright. Spoon 2 tablespoons pudding into the center of each glass, and top each portion with 2 teaspoons cookie crumbs. Spoon 1/4 cup pudding on top of crumbs. Top each parfait with 1 tablespoon whipped topping, and sprinkle each serving with 1 teaspoon crumbs.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.6839130436597%

Nutrients (% of daily need)

Calories: 294.39kcal (14.72%), Fat: 9.1g (14%), Saturated Fat: 5.17g (32.29%), Carbohydrates: 47.75g (15.92%), Net Carbohydrates: 47.23g (17.18%), Sugar: 31.45g (34.95%), Cholesterol: 105.87mg (35.29%), Sodium: 152.06mg (6.61%), Alcohol: 0.34g (100%), Alcohol %: 0.36% (100%), Protein: 5.77g (11.54%), Vitamin B2: 0.21mg (12.54%), Phosphorus: 107.74mg (10.77%), Calcium: 97.04mg (9.7%), Vitamin B12: 0.52µg (8.61%), Iron: 1.18mg (6.57%), Vitamin A: 326.61IU (6.53%), Folate: 26.09µg (6.52%), Vitamin B1: 0.09mg (6.02%), Selenium: 4.16µg (5.95%), Vitamin B5: 0.56mg (5.62%), Zinc: 0.59mg (3.91%), Manganese: 0.08mg (3.9%), Potassium: 135.46mg (3.87%), Vitamin B6: 0.07mg (3.51%), Vitamin B3: 0.55mg (2.74%), Magnesium: 10.81mg (2.7%), Fiber: 0.51g (2.05%), Copper:

0.04mg (1.98%), Vitamin E: 0.27mg (1.83%), Vitamin D: 0.23 μ g (1.53%)