



Cinnamon-Apple Parfaits

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



460 kcal

DESSERT

Ingredients

- ☐ 21 oz peach pie filling warmed canned
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 cup quick-cooking oats uncooked
- ☐ 1 quart whipped cream softened

Equipment

- ☐ oven

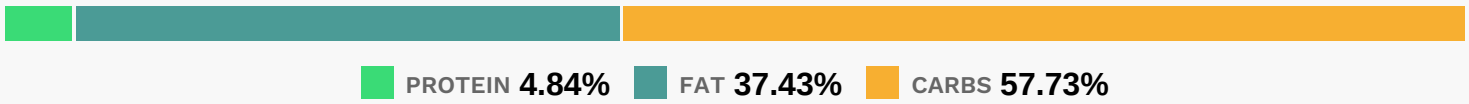
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baking pan

Directions

- ☐ Combine oats, brown sugar and butter; spread in an ungreased 8"x8" baking pan.
- ☐ Bake at 350 degrees for 10 minutes. Cool; crumble and set aside.
- ☐ Mix together pie filling and cinnamon; divide among 8 parfait glasses. Top with softened ice cream and crumbled oat mixture.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:20.4, Inflammation Score:-5, Nutrition Score:8.2921739453855%

Nutrients (% of daily need)

Calories: 460.15kcal (23.01%), Fat: 19.54g (30.06%), Saturated Fat: 11.79g (73.69%), Carbohydrates: 67.79g (22.6%), Net Carbohydrates: 65.24g (23.72%), Sugar: 48.83g (54.26%), Cholesterol: 67.3mg (22.43%), Sodium: 179.38mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.37%), Manganese: 0.49mg (24.25%), Vitamin B2: 0.31mg (18.04%), Phosphorus: 178.13mg (17.81%), Calcium: 172.9mg (17.29%), Vitamin A: 693.34IU (13.87%), Magnesium: 46.83mg (11.71%), Fiber: 2.56g (10.23%), Potassium: 325.44mg (9.3%), Selenium: 6.04µg (8.62%), Vitamin B5: 0.82mg (8.17%), Vitamin B12: 0.47µg (7.89%), Zinc: 1.18mg (7.88%), Vitamin B1: 0.11mg (7.5%), Copper: 0.11mg (5.62%), Iron: 0.9mg (4.98%), Vitamin B6: 0.08mg (4.24%), Vitamin E: 0.62mg (4.14%), Vitamin C: 1.98mg (2.4%), Folate: 9.51µg (2.38%), Vitamin D: 0.24µg (1.58%), Vitamin K: 1.57µg (1.49%), Vitamin B3: 0.27mg (1.33%)