



Creamy Caramel-Peach Parfaits

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 0.7 cup mrs richardson's butterscotch caramel sauce
- ☐ 8 ounces non-dairy whipped topping frozen thawed
- ☐ 5 blackstrap molasses soft
- ☐ 29 ounces peaches drained sliced cut into pieces canned
- ☐ 1 serving blackstrap molasses crumbled soft

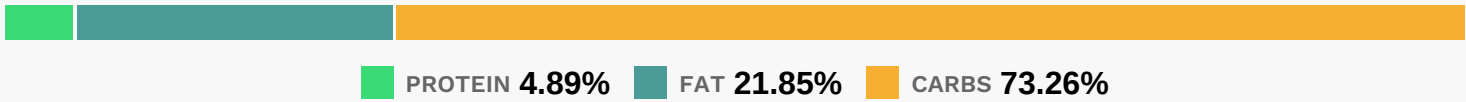
Equipment

- ☐ bowl

Directions

- ☐ Fold caramel topping into whipped topping in small bowl.
- ☐ Layer broken cookies, topping mixture and peaches in 6 parfait or other tall glasses.
- ☐ Sprinkle with cookie crumbs.
- ☐ Serve immediately, or refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:6.11, Inflammation Score:-5, Nutrition Score:5.0678261052007%

Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 208.54kcal (10.43%), Fat: 5.33g (8.19%), Saturated Fat: 4.3g (26.86%), Carbohydrates: 40.19g (13.4%), Net Carbohydrates: 38.13g (13.87%), Sugar: 37.84g (42.05%), Cholesterol: 0.76mg (0.25%), Sodium: 132.2mg (5.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Vitamin A: 497.27IU (9.95%), Fiber: 2.06g (8.22%), Potassium: 282.75mg (8.08%), Vitamin E: 1.2mg (8.01%), Manganese: 0.16mg (7.99%), Vitamin C: 5.74mg (6.96%), Selenium: 4.85µg (6.93%), Phosphorus: 69.2mg (6.92%), Copper: 0.13mg (6.55%), Magnesium: 24.95mg (6.24%), Vitamin B3: 1.18mg (5.9%), Calcium: 53.16mg (5.32%), Vitamin K: 5.32µg (5.07%), Vitamin B2: 0.08mg (4.5%), Iron: 0.7mg (3.89%), Vitamin B6: 0.07mg (3.49%), Vitamin B5: 0.28mg (2.83%), Vitamin B1: 0.04mg (2.81%), Folate: 9.86µg (2.46%), Zinc: 0.37mg (2.43%), Vitamin B12: 0.12µg (2.01%)