



Creamy Caramel-Peach Parfaits

READY IN



15 min.

SERVINGS



6

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 0.7 cup mrs richardson's butterscotch caramel sauce
- ☐ 5 grands flaky refrigerator biscuits soft
- ☐ 6 servings grands flaky refrigerator biscuits crumbled soft
- ☐ 29 ounces peaches drained sliced cut into pieces canned
- ☐ 8 ounces non-dairy whipped topping frozen thawed

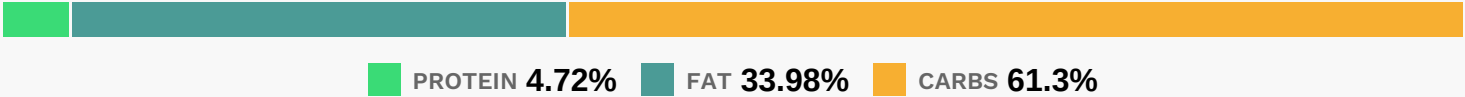
Equipment

- ☐ 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:28.04, Glycemic Load:19.28, Inflammation Score:-5, Nutrition Score:7.430869517119%

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: 383.21kcal (19.16%), Fat: 14.84g (22.83%), Saturated Fat: 7.24g (45.25%), Carbohydrates: 60.25g (20.08%), Net Carbohydrates: 57.73g (20.99%), Sugar: 42.58g (47.31%), Cholesterol: 0.76mg (0.25%), Sodium: 258.91mg (11.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.27%), Vitamin E: 2.09mg (13.92%), Manganese: 0.25mg (12.58%), Vitamin B3: 2.33mg (11.67%), Vitamin B1: 0.17mg (11.25%), Vitamin B2: 0.19mg (11.21%), Vitamin A: 528.51IU (10.57%), Fiber: 2.53g (10.11%), Folate: 39.29µg (9.82%), Phosphorus: 91.89mg (9.19%), Selenium: 6.36µg (9.09%), Vitamin K: 9.32µg (8.87%), Iron: 1.59mg (8.81%), Potassium: 253.89mg (7.25%), Copper: 0.14mg (7.17%), Vitamin C: 5.74mg (6.96%), Magnesium: 19.95mg (4.99%), Calcium: 49.35mg (4.93%), Vitamin B5: 0.36mg (3.59%), Zinc: 0.53mg (3.54%), Vitamin B6: 0.07mg (3.38%), Vitamin B12: 0.12µg (2.01%)