



Creamy Caramel-Peach Parfaits

READY IN



15 min.

SERVINGS



6

CALORIES



239 kcal

DESSERT

Ingredients

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

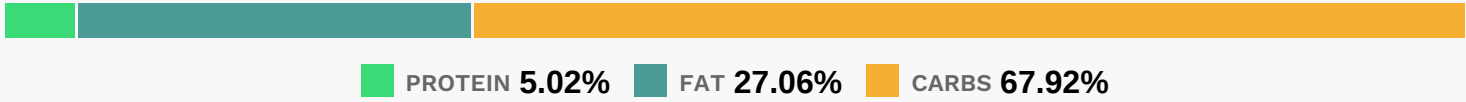
Equipment

- ☐ 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:17.38, Glycemic Load:8.08, Inflammation Score:-4, Nutrition Score:5.1508695871934%

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: 239.29kcal (11.96%), Fat: 7.51g (11.55%), Saturated Fat: 4.97g (31.08%), Carbohydrates: 42.39g (14.13%), Net Carbohydrates: 40.23g (14.63%), Sugar: 36.53g (40.59%), Cholesterol: 0.76mg (0.25%), Sodium: 160.07mg (6.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin A: 504.43IU (10.09%), Vitamin E: 1.41mg (9.37%), Fiber: 2.16g (8.65%), Phosphorus: 73.41mg (7.34%), Vitamin B3: 1.42mg (7.08%), Vitamin C: 5.74mg (6.96%), Selenium: 4.63µg (6.61%), Manganese: 0.13mg (6.59%), Potassium: 229.25mg (6.55%), Vitamin B2: 0.1mg (6.04%), Vitamin K: 6.24µg (5.94%), Copper: 0.12mg (5.91%), Vitamin B1: 0.07mg (4.66%), Calcium: 45.71mg (4.57%), Iron: 0.75mg (4.18%), Folate: 16.61µg (4.15%), Magnesium: 16.03mg (4.01%), Vitamin B5: 0.27mg (2.74%), Zinc: 0.39mg (2.63%), Vitamin B6: 0.05mg (2.39%), Vitamin B12: 0.12µg (2.01%)