



Ginger-Peach Dessert

READY IN



330 min.

SERVINGS



12

CALORIES



420 kcal

Ingredients

- ☐ 40 gingersnaps ()
- ☐ 0.5 cup pecans
- ☐ 0.5 cup butter melted
- ☐ 8 cups yogurt frozen softened
- ☐ 8 ounces cool whip frozen thawed
- ☐ 0.3 cup pecans finely chopped
- ☐ 2 medium peaches cut into thin slices

Equipment

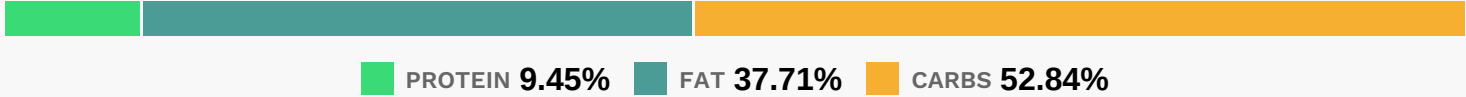
- ☐ food processor

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F.
- ☐ Place cookies and 1/2 cup pecan pieces in food processor. Cover and process until crushed.
- ☐ Add butter; process until mixed. Press evenly in rectangular pan, 13x9x2 inches.
- ☐ Bake 8 to 10 minutes or until center is set when lightly touched. Cool completely, about 25 minutes.
- ☐ Spread frozen yogurt over cooled crust. Freeze 30 minutes.
- ☐ Spread whipped topping over frozen yogurt; sprinkle with finely chopped pecans. Freeze about 4 hours or until firm.
- ☐ To serve, let stand at room temperature 5 to 10 minutes.
- ☐ Cut dessert into squares. Top each square with 2 or 3 peach slices.

Nutrition Facts



Properties

Glycemic Index:5.02, Glycemic Load:0.89, Inflammation Score:-4, Nutrition Score:8.1804347763891%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 419.57kcal (20.98%), Fat: 18.14g (27.9%), Saturated Fat: 3.12g (19.5%), Carbohydrates: 57.17g (19.06%), Net Carbohydrates: 55.08g (20.03%), Sugar: 40.1g (44.55%), Cholesterol: 10.91mg (3.64%), Sodium: 330.19mg (14.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.22g (20.45%), Manganese: 0.68mg (34.23%),

Calcium: 299.35mg (29.93%), Potassium: 523.16mg (14.95%), Vitamin B2: 0.21mg (12.09%), Iron: 2.04mg (11.33%), Vitamin A: 457.18IU (9.14%), Copper: 0.18mg (8.8%), Vitamin B1: 0.13mg (8.44%), Fiber: 2.09g (8.36%), Folate: 26.61µg (6.65%), Phosphorus: 58.76mg (5.88%), Magnesium: 23.47mg (5.87%), Vitamin B3: 1.11mg (5.54%), Vitamin E: 0.81mg (5.43%), Vitamin B12: 0.29µg (4.82%), Zinc: 0.55mg (3.69%), Selenium: 2.54µg (3.63%), Vitamin B6: 0.07mg (3.38%), Vitamin C: 2.07mg (2.5%), Vitamin B5: 0.19mg (1.94%), Vitamin K: 1.63µg (1.55%)