



Leftover Pie Parfait

 Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



286 kcal

Ingredients

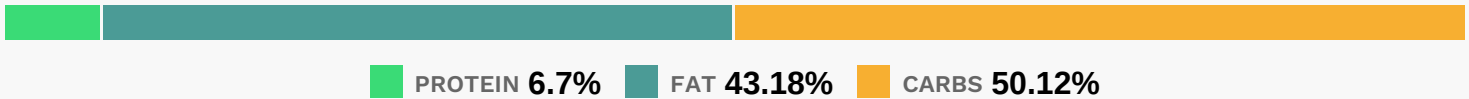
- ☐ 0.3 cup graham crackers crushed
- ☐ 2 servings sauce hot to taste
- ☐ 8 ounces whipped cream divided softened
- ☐ 1 slice pie crust dough

Equipment

Directions

- ☐ Cut your pie in half lengthwise. Chop coarsely both sections, so that you've got approximately 1/2-inch sized chunks of pie. One little "pile" will be used for each parfait.
- ☐ Using about 1/3 of the pie pieces from each chopped pie half, line the bottoms of each parfait glass or cup.
- ☐ Add 2 tablespoons of ice cream on top of the pie pieces in each cup. On top of this, add a thin layer of crushed cookies or graham crackers to each parfait.
- ☐ Add a few pie crumbles on top of this thin layer.
- ☐ Add the remaining ice cream to each parfait.
- ☐ Add a layer of caramel sauce, hot fudge, or butterscotch sauce, if desired; add a few more pie crumbles on top of the sauce.
- ☐ Put your parfaits in the freezer for about an hour to set before serving.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:21.9, Inflammation Score:-3, Nutrition Score:5.303913064625%

Nutrients (% of daily need)

Calories: 285.94kcal (14.3%), Fat: 13.73g (21.12%), Saturated Fat: 7.92g (49.48%), Carbohydrates: 35.86g (11.95%), Net Carbohydrates: 34.67g (12.61%), Sugar: 26.86g (29.84%), Cholesterol: 49.9mg (16.63%), Sodium: 178.9mg (7.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.59%), Vitamin B2: 0.3mg (17.65%), Calcium: 154.13mg (15.41%), Phosphorus: 142.15mg (14.22%), Vitamin A: 477.41IU (9.55%), Vitamin B12: 0.44µg (7.37%), Potassium: 246.06mg (7.03%), Zinc: 1mg (6.69%), Vitamin B5: 0.66mg (6.61%), Magnesium: 22.59mg (5.65%), Vitamin B1: 0.07mg (4.9%), Fiber: 1.19g (4.76%), Vitamin B6: 0.07mg (3.3%), Iron: 0.58mg (3.22%), Selenium: 2.07µg (2.96%), Vitamin B3: 0.57mg (2.85%), Folate: 11.19µg (2.8%), Vitamin E: 0.34mg (2.28%), Vitamin D: 0.23µg (1.51%), Copper: 0.03mg (1.49%)