



## Maple & Pumpkin Custard Cups

READY IN



260 min.

SERVINGS



20

CALORIES



101 kcal

### Ingredients

- 1 cup pumpkin canned
- 2 cups milk
- 6 large oatmeal cookies soft (3 inch)
- 6 Tbsp pancake syrup
- 0.5 cup planters pecans toasted chopped
- 0.5 tsp pumpkin pie spice
- 6 oz jell-o vanilla flavor cook & serve pudding

### Equipment

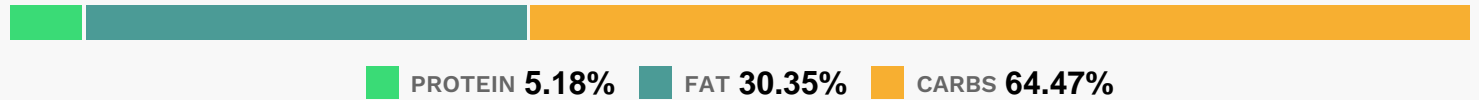
- bowl

- knife
- plastic wrap
- microwave

## Directions

- Mix first 4 ingredients in large microwaveable bowl until blended. Microwave as directed on package for cooked pudding. Cool 5 min.
- Spoon 1 Tbsp. syrup into each of 6 (1/2-cup) custard cups; cover with pudding. Top with cookies; cover with plastic wrap or waxed paper. Refrigerate 4 hours.
- Run knife around edge of each custard cup to loosen dessert just before serving. Invert onto dessert plates; top with nuts.

## Nutrition Facts



## Properties

Glycemic Index:5.6, Glycemic Load:1.64, Inflammation Score:-8, Nutrition Score:3.8982608551564%

## Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

## Nutrients (% of daily need)

Calories: 101.47kcal (5.07%), Fat: 3.52g (5.41%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 16.13g (5.86%), Sugar: 9.08g (10.08%), Cholesterol: 3.17mg (1.06%), Sodium: 80.38mg (3.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin A: 1953.73IU (39.07%), Manganese: 0.16mg (7.8%), Phosphorus: 38.59mg (3.86%), Calcium: 36.15mg (3.62%), Vitamin B2: 0.05mg (3.21%), Copper: 0.06mg (3.01%), Vitamin B1: 0.04mg (2.95%), Fiber: 0.69g (2.76%), Vitamin K: 2.46µg (2.34%), Magnesium: 9.34mg (2.33%), Vitamin B12: 0.13µg (2.2%), Potassium: 76.79mg (2.19%), Iron: 0.34mg (1.9%), Vitamin D: 0.27µg (1.79%), Vitamin B5: 0.17mg (1.72%), Zinc: 0.25mg (1.69%), Vitamin E: 0.25mg (1.67%), Vitamin B6: 0.03mg (1.46%), Selenium: 0.92µg (1.31%), Folate: 4.45µg (1.11%)