



## Praline Parfaits

READY IN



10 min.

SERVINGS



6

CALORIES



260 kcal

DESSERT

### Ingredients

- 0.3 cup ice cream topping fat-free caramel-flavored
- 2 cups vanilla nonfat yogurt frozen softened
- 1 tablespoon pecans toasted chopped
- 0.3 cup syrup reduced-calorie maple-flavored
- 0.3 teaspoon vanilla
- 6 vanilla wafers reduced-fat
- 12 vanilla wafers divided crushed reduced-fat
- 0.3 cup non-dairy whipped topping frozen thawed reduced-calorie

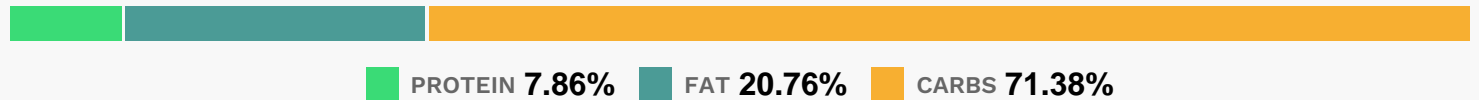
# Equipment

- bowl
- microwave

# Directions

- Combine first 3 ingredients in a microwave-safe bowl. Microwave at HIGH 30 seconds.
- Let cool slightly. Stir in pecans.
- Spoon 1 cup yogurt evenly into 6 (6-ounce) parfait glasses. Top evenly with half of crushed wafers and half of syrup mixture. Repeat layers with remaining yogurt, crushed wafers, and syrup mixture. Freeze at least 1 hour or until firm.
- To serve, top each parfait with 1 tablespoon whipped topping and a wafer.

# Nutrition Facts



# Properties

Glycemic Index:33.42, Glycemic Load:13.24, Inflammation Score:-1, Nutrition Score:6.0491304073645%

# Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

# Nutrients (% of daily need)

Calories: 260.3kcal (13.01%), Fat: 6.03g (9.28%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 46.67g (15.56%), Net Carbohydrates: 45.91g (16.69%), Sugar: 34.48g (38.31%), Cholesterol: 2mg (0.67%), Sodium: 167.03mg (7.26%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 5.14g (10.29%), Manganese: 0.46mg (22.98%), Vitamin B2: 0.38mg (22.09%), Calcium: 148.37mg (14.84%), Phosphorus: 123.97mg (12.4%), Vitamin B1: 0.13mg (8.87%), Selenium: 5.33µg (7.61%), Potassium: 249.95mg (7.14%), Vitamin B12: 0.4µg (6.63%), Folate: 24.16µg (6.04%), Zinc: 0.88mg (5.88%), Magnesium: 23.4mg (5.85%), Copper: 0.07mg (3.67%), Vitamin B3: 0.62mg (3.08%), Fiber: 0.77g (3.07%), Vitamin E: 0.42mg (2.81%), Vitamin B6: 0.04mg (1.97%), Iron: 0.28mg (1.57%), Vitamin K: 1.37µg (1.31%)