



## Praline Pumpkin Mousse

 Gluten Free

READY IN



255 min.

SERVINGS



10

CALORIES



209 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar packed
- 1 Tbsp butter melted
- 15 oz pumpkin canned
- 6.8 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 0.5 cup planters pecans chopped
- 1.3 tsp pumpkin pie spice
- 2 cups cool whip whipped topping thawed

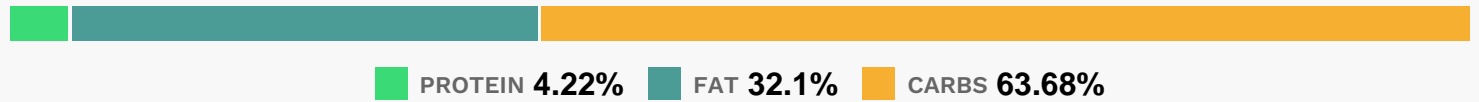
# Equipment

- bowl
- whisk

# Directions

- Beat first 4 ingredients in large bowl with whisk 2 min. (
- Mixture will be thick.) Stir in COOL WHIP. Spoon into dessert glasses.
- Refrigerate 4 hours. Meanwhile, toss nuts with butter and sugar.
- Sprinkle nut mixture over desserts just before serving.

# Nutrition Facts



# Properties

Glycemic Index:4.8, Glycemic Load:0.45, Inflammation Score:-10, Nutrition Score:8.6243478370749%

# Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

# Nutrients (% of daily need)

Calories: 208.62kcal (10.43%), Fat: 7.66g (11.78%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 32.33g (11.76%), Sugar: 28.74g (31.93%), Cholesterol: 3.23mg (1.08%), Sodium: 159.98mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.53%), Vitamin A: 6722.09IU (134.44%), Manganese: 0.33mg (16.35%), Fiber: 1.86g (7.42%), Vitamin K: 7.59µg (7.23%), Phosphorus: 65.59mg (6.56%), Calcium: 64.1mg (6.41%), Copper: 0.12mg (5.76%), Magnesium: 20.74mg (5.18%), Potassium: 175.25mg (5.01%), Vitamin B2: 0.08mg (4.7%), Iron: 0.84mg (4.67%), Vitamin E: 0.65mg (4.37%), Vitamin B1: 0.06mg (4%), Vitamin B5: 0.31mg (3.15%), Zinc: 0.42mg (2.82%), Vitamin B6: 0.06mg (2.8%), Vitamin B12: 0.16µg (2.72%), Vitamin C: 1.89mg (2.29%), Selenium: 1.46µg (2.09%), Vitamin D: 0.27µg (1.79%), Folate: 6.78µg (1.7%), Vitamin B3: 0.27mg (1.34%)