



Pumpkin Mousse Trifle

 Popular

READY IN



205 min.

SERVINGS



12

CALORIES



292 kcal

Ingredients

- 15 oz pumpkin canned
- 8 oz philadelphia cream cheese softened
- 3.4 oz jell-o vanilla flavor pudding instant
- 1.8 cups milk cold
- 0.5 cup autumn spiced nuts
- 0.5 tsp pumpkin pie spice
- 1 tsp vanilla
- 42 vanilla wafers divided
- 2 cups cool whip whipped topping divided thawed

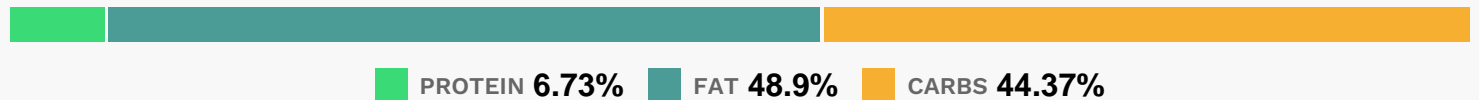
Equipment

- bowl
- whisk
- blender

Directions

- Arrange 32 wafers on bottom and up side of 2-1/2-qt. serving bowl. Beat cream cheese and pumpkin in medium bowl with mixer until blended.
- Add vanilla and pumpkin pie spice; mix well.
- Beat pudding mix and milk in medium bowl with whisk 2 min.
- Let stand 5 min. Stir in 1-1/2 cups COOL WHIP.
- Add cream cheese mixture; mix well.
- Spoon half the pudding mixture into prepared bowl; cover with layers of remaining wafers and remaining pudding mixture. Top with remaining COOL WHIP. Refrigerate several hours or until chilled.
- Top dessert with Autumn Spiced Nuts just before serving.

Nutrition Facts



Properties

Glycemic Index:14.31, Glycemic Load:12.8, Inflammation Score:-10, Nutrition Score:9.8969565318978%

Nutrients (% of daily need)

Calories: 291.9kcal (14.6%), Fat: 16.16g (24.86%), Saturated Fat: 7.57g (47.29%), Carbohydrates: 33g (11%), Net Carbohydrates: 31.08g (11.3%), Sugar: 19.6g (21.78%), Cholesterol: 23.82mg (7.94%), Sodium: 219.85mg (9.56%), Alcohol: 0.12g (100%), Alcohol %: 0.11% (100%), Protein: 5g (10%), Vitamin A: 5836.85IU (116.74%), Phosphorus: 113mg (11.3%), Vitamin B2: 0.18mg (10.87%), Manganese: 0.19mg (9.26%), Vitamin B1: 0.14mg (9.04%), Calcium: 85.31mg (8.53%), Fiber: 1.92g (7.68%), Magnesium: 28.63mg (7.16%), Folate: 27.83µg (6.96%), Potassium: 220mg (6.29%), Vitamin K: 6.59µg (6.28%), Copper: 0.12mg (6.1%), Vitamin B3: 1.03mg (5.14%), Vitamin B5: 0.45mg (4.55%), Vitamin B12: 0.26µg (4.31%), Iron: 0.77mg (4.27%), Vitamin E: 0.62mg (4.13%), Selenium: 2.82µg (4.03%), Vitamin B6: 0.07mg (3.64%), Zinc: 0.54mg (3.63%), Vitamin D: 0.39µg (2.61%), Vitamin C: 1.53mg (1.85%)