



Pumpkin Parfaits

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

DESSERT

Ingredients

- 1 cup pumpkin canned
- 0.3 cup gingersnap cookies crumbled
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon ground nutmeg
- 0.3 cup maple syrup
- 7 oz marshmallow crème
- 8 oz neufchâtel cheese light at room temperature (cream)
- 2 tablespoons orange juice concentrate frozen thawed
- 0.3 cup pecans toasted chopped

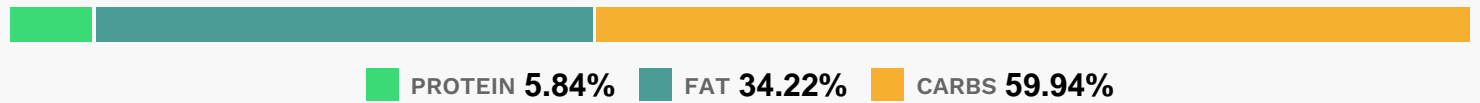
Equipment

- bowl
- hand mixer

Directions

- In a bowl, with an electric mixer on medium speed, beat marshmallow creme, Neufchâtel, and 1 tablespoon orange juice concentrate until smooth.
- In another bowl, stir together pumpkin, maple syrup, cinnamon, nutmeg, and remaining tablespoon orange juice concentrate. Fold in 1/4 cup of the cream cheese mixture until no white streaks remain.
- Spoon about 3 tablespoons of the remaining cream cheese mixture into each of four dessert or parfait glasses, followed by about 3 tablespoons of the pumpkin mixture. Repeat layers, ending with pumpkin. Chill until cold, at least 2 hours or up to 1 day. Just before serving, sprinkle each parfait with chopped pecans and gingersnap crumbs.

Nutrition Facts



Properties

Glycemic Index:37.13, Glycemic Load:5.59, Inflammation Score:-10, Nutrition Score:14.504347728646%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 457.66kcal (22.88%), Fat: 18.35g (28.24%), Saturated Fat: 7.97g (49.8%), Carbohydrates: 72.34g (24.11%), Net Carbohydrates: 69.29g (25.2%), Sugar: 50.33g (55.93%), Cholesterol: 41.96mg (13.99%), Sodium: 234.08mg (10.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.09%), Vitamin A: 10043.27IU (200.87%), Manganese: 1.09mg (54.52%), Vitamin B2: 0.42mg (24.63%), Vitamin C: 13.4mg (16.24%), Phosphorus: 128.21mg

(12.82%), Calcium: 124.75mg (12.48%), Fiber: 3.05g (12.2%), Vitamin K: 11.42µg (10.88%), Potassium: 358.06mg (10.23%), Magnesium: 38.43mg (9.61%), Copper: 0.19mg (9.31%), Iron: 1.65mg (9.17%), Vitamin B1: 0.12mg (7.79%), Vitamin E: 1.09mg (7.29%), Folate: 28.72µg (7.18%), Zinc: 1.06mg (7.07%), Vitamin B5: 0.7mg (6.95%), Vitamin B6: 0.1mg (4.91%), Vitamin B3: 0.76mg (3.78%), Selenium: 2.6µg (3.71%), Vitamin B12: 0.17µg (2.83%)