



## Pumpkin Parfaits

READY IN



20 min.

SERVINGS



8

CALORIES



624 kcal

DESSERT

## Ingredients

- ☐ 4 oz chocolate white
- ☐ 8 oz cream cheese softened
- ☐ 1.5 cups gingersnaps crushed
- ☐ 6 oz peanut butter cups
- ☐ 3 tablespoons powdered sugar
- ☐ 1 cup pumpkin pie filling/mix plain canned (not pumpkin)
- ☐ 1 teaspoon vanilla
- ☐ 2 cups whipping cream

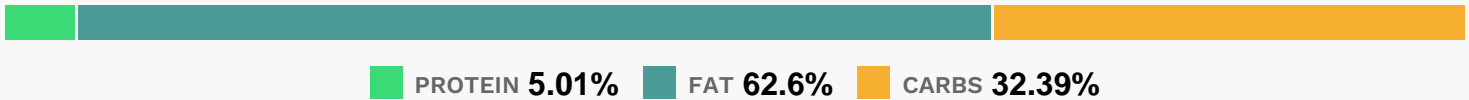
# Equipment

- ☐ bowl
- ☐ hand mixer

# Directions

- ☐ In medium bowl, beat whipping cream and vanilla with electric mixer on high speed until soft peaks form (thick, but cream still falls onto itself). Refrigerate.
- ☐ In large bowl, beat pumpkin pie mix and cream cheese with electric mixer on medium speed until blended.
- ☐ Add powdered sugar; beat until well combined. Taste for sweetness and if necessary, add more powdered sugar.
- ☐ Gently fold half of the whipped cream into pumpkin mixture.
- ☐ To assemble parfaits in plastic cups, layer crushed cookies, pumpkin mixture and plain whipped cream. To garnish, top each with whipped cream and 1 piece of white chocolate. Store in refrigerator.

# Nutrition Facts



# Properties

Glycemic Index:12.13, Glycemic Load:6.28, Inflammation Score:-10, Nutrition Score:12.868260704953%

# Nutrients (% of daily need)

Calories: 623.78kcal (31.19%), Fat: 44.39g (68.29%), Saturated Fat: 24.98g (156.11%), Carbohydrates: 51.68g (17.23%), Net Carbohydrates: 47.62g (17.32%), Sugar: 28.42g (31.57%), Cholesterol: 100.12mg (33.37%), Sodium: 381.64mg (16.59%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 7.99g (15.98%), Vitamin A: 4072.54IU (81.45%), Manganese: 0.47mg (23.55%), Vitamin B2: 0.34mg (20.2%), Fiber: 4.06g (16.24%), Phosphorus: 156.83mg (15.68%), Calcium: 140.45mg (14.04%), Folate: 46.8µg (11.7%), Iron: 2.1mg (11.66%), Vitamin B5: 1mg (9.96%), Vitamin B3: 1.94mg (9.69%), Selenium: 6.63µg (9.47%), Potassium: 328.1mg (9.37%), Magnesium: 37.44mg (9.36%), Copper: 0.16mg (7.97%), Vitamin E: 1.16mg (7.76%), Vitamin B1: 0.11mg (7.28%), Vitamin B6: 0.14mg (7.02%), Vitamin D: 0.95µg (6.35%), Zinc: 0.87mg (5.8%), Vitamin B12: 0.29µg (4.87%), Vitamin K: 4.74µg (4.52%), Vitamin C: 1.67mg (2.03%)