



Pumpkin Parfaits

READY IN



140 min.

SERVINGS



4

CALORIES



520 kcal

DESSERT

Ingredients

- ☐ 14 ounce pumpkin puree canned
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 cup gingersnaps crushed
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 cup maple syrup
- ☐ 7 ounce marshmallow crème
- ☐ 1 tablespoon orange juice concentrate thawed
- ☐ 0.3 cup pecans toasted chopped

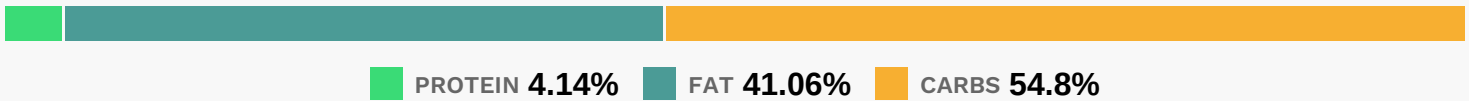
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Combine the marshmallow creme, cream cheese, and 1 tablespoon orange juice concentrate in a large bowl; beat with an electric hand mixer until smooth. Stir together the pumpkin, syrup, cinnamon, nutmeg, and 1 tablespoon orange juice in a separate bowl. Fold 1/4 cup of the marshmallow creme mixture into the pumpkin mixture.
- ☐ Beginning with the cream cheese mixture, layer 3 tablespoons of each mixture in each of four dessert cups. Chill in refrigerator for 2 hours. Top with pecans and gingersnaps before serving.

Nutrition Facts



Properties

Glycemic Index:37.13, Glycemic Load:5.88, Inflammation Score:-10, Nutrition Score:15.712173845457%

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: 520.1kcal (26%), Fat: 25.04g (38.52%), Saturated Fat: 12.22g (76.39%), Carbohydrates: 75.21g (25.07%), Net Carbohydrates: 71.09g (25.85%), Sugar: 50.81g (56.46%), Cholesterol: 57.27mg (19.09%), Sodium: 224.38mg (9.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.35%), Vitamin A: 16223.68IU (324.47%), Manganese: 1.15mg (57.26%), Vitamin B2: 0.48mg (27.95%), Vitamin K: 17.71µg (16.87%), Fiber: 4.11g (16.46%), Calcium: 121.88mg (12.19%), Phosphorus: 121.66mg (12.17%), Iron: 2.15mg (11.97%), Vitamin C: 9.63mg (11.67%), Vitamin E: 1.73mg (11.56%), Potassium: 401.69mg (11.48%), Magnesium: 45.3mg (11.32%), Copper: 0.22mg (10.97%), Selenium: 5.91µg (8.44%), Vitamin B5: 0.82mg (8.24%), Vitamin B1: 0.12mg (7.75%), Folate: 27.6µg (6.9%), Zinc: 0.94mg (6.25%), Vitamin B6: 0.12mg (5.92%), Vitamin B3: 0.79mg (3.93%), Vitamin B12: 0.12µg (2.08%)