



Pumpkin-Pear Gingersnap Trifle

READY IN



80 min.

SERVINGS



20

CALORIES



87 kcal

Ingredients

- 0.5 cup pumpkin canned
- 1.5 cups milk fat-free cold
- 2 cups gingersnaps crushed
- 0.5 tsp ground cinnamon
- 0.3 tsp ground nutmeg
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 15.3 oz pear in juice drained well canned
- 2 cups cool whip whipped topping sugar free divided thawed

Equipment

bowl

whisk

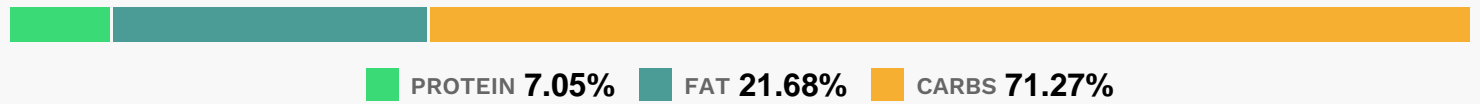
Directions

Beat pudding mix and milk in medium bowl with whisk 2 min. Stir in pumpkin, spices and 1 cup COOL WHIP.

Layer 1/3 of the gingersnap crumbs and half each of the pears and pudding mixture in large serving bowl; repeat layers. Top with remaining crumbs and COOL WHIP.

Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.41, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:3.8304348199264%

Nutrients (% of daily need)

Calories: 87.11kcal (4.36%), Fat: 2.14g (3.29%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 15.32g (5.57%), Sugar: 7.86g (8.73%), Cholesterol: 0.7mg (0.23%), Sodium: 86.7mg (3.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Vitamin A: 996.71IU (19.93%), Manganese: 0.2mg (9.88%), Vitamin C: 7.57mg (9.17%), Iron: 0.82mg (4.57%), Vitamin B2: 0.07mg (4.35%), Calcium: 43.24mg (4.32%), Phosphorus: 39.46mg (3.95%), Potassium: 118.74mg (3.39%), Folate: 12.05µg (3.01%), Magnesium: 11.49mg (2.87%), Copper: 0.06mg (2.85%), Vitamin B1: 0.04mg (2.54%), Vitamin B3: 0.48mg (2.42%), Vitamin K: 2.26µg (2.15%), Vitamin B12: 0.12µg (2.03%), Fiber: 0.5g (1.99%), Selenium: 1.25µg (1.79%), Vitamin E: 0.23mg (1.55%), Vitamin B6: 0.03mg (1.45%), Vitamin D: 0.2µg (1.35%), Vitamin B5: 0.13mg (1.33%), Zinc: 0.18mg (1.21%)