



Pumpkin Pie Quinoa Parfait with Gingersnap Pecan Streusel

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



448 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 teaspoon ginger
- ☐ 0.3 cup gingersnaps
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 cup pecans coarsely chopped

- ☐ 2 cups pumpkin puree
- ☐ 1 cup quinoa rinsed well
- ☐ 2 cups vanilla greek yogurt
- ☐ 1.8 cups water

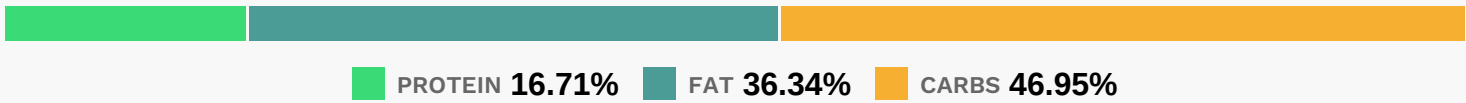
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Bring the quinoa, water and cinnamon to a boil, reduce the heat and simmer, covered, until the water has been absorbed, about 15 minutes and set aside.
- ☐ Mix the gingersnap crumbs, sugar, pecans and butter until it forms crumbs, spread in a single layer over a baking pan and bake in a preheated 350F oven until lightly golden brown, about 7-10 minutes and set aside.
- ☐ Mix the pumpkin puree with the brown sugar, cinnamon, ginger, nutmeg, cloves and set aside
- ☐ Place 1/4 cup of yogurt into 4 large glasses and top with 1/4 cup quinoa and 1/4 cup of pumpkin, repeat with another set of layers and top off with a tablespoon of the pecan streusel.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:26.374782748844%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 448.3kcal (22.42%), Fat: 18.62g (28.65%), Saturated Fat: 5.16g (32.23%), Carbohydrates: 54.14g (18.05%), Net Carbohydrates: 46.11g (16.77%), Sugar: 15.08g (16.75%), Cholesterol: 20.05mg (6.68%), Sodium: 135.37mg (5.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.26g (38.53%), Vitamin A: 19257.49IU (385.15%), Manganese: 1.77mg (88.68%), Phosphorus: 415.63mg (41.56%), Magnesium: 143.48mg (35.87%), Fiber: 8.03g (32.13%), Vitamin B2: 0.52mg (30.69%), Copper: 0.59mg (29.53%), Folate: 109.16µg (27.29%), Iron: 4.55mg (25.27%), Selenium: 14.99µg (21.41%), Potassium: 719.49mg (20.56%), Vitamin B1: 0.3mg (20.07%), Vitamin K: 20.78µg (19.79%), Calcium: 189.45mg (18.94%), Vitamin B6: 0.38mg (18.8%), Vitamin E: 2.76mg (18.37%), Zinc: 2.68mg (17.88%), Vitamin B5: 1.3mg (13%), Vitamin B12: 0.71µg (11.87%), Vitamin B3: 1.7mg (8.48%), Vitamin C: 5.3mg (6.43%)