



Reduced Sugar Simple Pumpkin Napoleons

READY IN



155 min.

SERVINGS



12

CALORIES



170 kcal

SIDE DISH

Ingredients

- 15 oz pumpkin canned
- 1 cup milk fat-free cold
- 1 tsp granulated sugar substitute
- 1 Tbsp ground cinnamon
- 2 oz jell-o vanilla flavor pudding fat free sugar free instant
- 3 Tbsp butter melted
- 0.5 cup pancake syrup
- 0.5 cup planters pecans toasted coarsely chopped
- 1.3 tsp pumpkin pie spice

- 2 cups cool whip lite whipped topping thawed
- 36 3-inch won ton wrappers ()

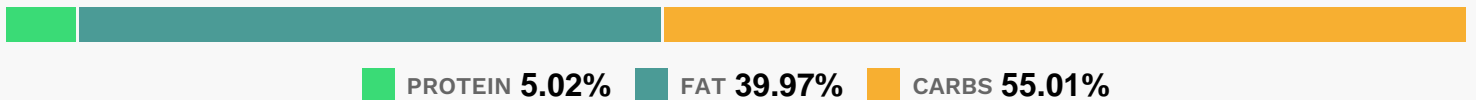
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Heat oven to 375F.
- Beat first 4 ingredients in large bowl with whisk 2 min. (
- Mixture will be thick.) Stir in COOL WHIP. Refrigerate until ready to use.
- Meanwhile, place won ton wrappers on parchment-covered baking sheets; brush with margarine.
- Combine cinnamon and sugar substitute; sprinkle over won tons.
- Bake 6 to 8 min. or until golden brown.
- Remove to wire racks; cool completely.
- Top each of 12 won tons with about 2 Tbsp. pumpkin mixture. Repeat layers twice.
- Drizzle with syrup just before serving; sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:9.86, Glycemic Load:0.6, Inflammation Score:-10, Nutrition Score:8.6626087064328%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg

Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 169.71kcal (8.49%), Fat: 7.85g (12.07%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 24.3g (8.1%), Net Carbohydrates: 22.42g (8.15%), Sugar: 9.44g (10.49%), Cholesterol: 1.66mg (0.55%), Sodium: 112.33mg (4.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Vitamin A: 5704.26IU (114.09%), Manganese: 0.41mg (20.57%), Fiber: 1.88g (7.51%), Copper: 0.13mg (6.25%), Vitamin K: 6.47µg (6.16%), Phosphorus: 60.19mg (6.02%), Calcium: 58.61mg (5.86%), Vitamin B2: 0.08mg (4.56%), Iron: 0.81mg (4.53%), Magnesium: 18.07mg (4.52%), Vitamin B1: 0.07mg (4.49%), Potassium: 145.88mg (4.17%), Vitamin E: 0.62mg (4.15%), Selenium: 2.03µg (2.89%), Zinc: 0.4mg (2.63%), Vitamin B5: 0.26mg (2.6%), Vitamin B12: 0.15µg (2.46%), Vitamin B6: 0.05mg (2.29%), Folate: 8.64µg (2.16%), Vitamin B3: 0.39mg (1.97%), Vitamin C: 1.61mg (1.95%), Vitamin D: 0.22µg (1.5%)