



Sweet Maple Parfaits

READY IN



90 min.

SERVINGS



30

CALORIES



68 kcal

Ingredients

- 1 tsp butter
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.5 cup milk cold
- 0.5 cup pancake syrup divided
- 0.3 cup planters pecans chopped
- 24 vanilla wafers crushed
- 1.5 cups cool whip whipped topping divided thawed

Equipment

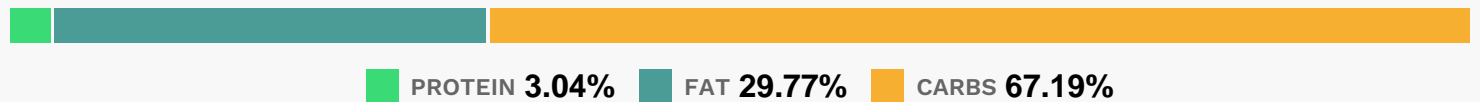
- bowl

- whisk
- aluminum foil
- microwave

Directions

- Microwave nuts, 2 Tbsp. syrup and butter in microwaveable bowl on HIGH 2 min., stirring every 30 sec.
- Spread onto large sheet of foil; cool completely.
- Beat pudding mix and milk in medium bowl with whisk 2 min.
- Add 1/4 cup of the remaining syrup; mix well. Stir in 1 cup COOL WHIP.
- Spoon 1/3 of the wafer crumbs evenly into 6 dessert dishes; top with layers of half each of the pudding mixture and remaining COOL WHIP.
- Sprinkle with remaining wafer crumbs. Repeat layers of pudding and COOL WHIP; top with nuts.
- Refrigerate 1 hour.
- Drizzle remaining syrup over parfaits just before serving.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:2.73, Inflammation Score:-1, Nutrition Score:0.65086956297898%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 67.63kcal (3.38%), Fat: 2.28g (3.51%), Saturated Fat: 0.97g (6.03%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 11.43g (4.16%), Sugar: 5.18g (5.75%), Cholesterol: 1.18mg (0.39%), Sodium: 50.16mg (2.18%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Manganese: 0.04mg (2.1%), Vitamin B1: 0.03mg (1.95%),
Vitamin B2: 0.02mg (1.3%), Phosphorus: 11.81mg (1.18%), Folate: 4.52µg (1.13%), Copper: 0.02mg (1.1%)