



Whiskey Pumpkin Shortbread Parfait



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



3

CALORIES



1207 kcal

DESSERT

Ingredients

- ☐ 2 Tablespoons brown sugar packed
- ☐ 0.8 butter pure crushed
- ☐ 1 Tablespoon butter melted
- ☐ 0.3 cup granulated sugar
- ☐ 2 cups cup heavy whipping cream very cold
- ☐ 1.8 cup milk cold
- ☐ 0.3 cup pecans chopped
- ☐ 1 cup box of jell-o- brand pumpkin spice pudding instant

- ☐ 1 tsp vanilla
- ☐ 0.3 cup irish whiskey canned (*you can omit and just use 2 cups milk)

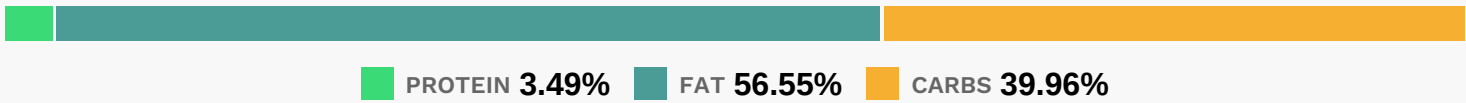
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ rolling pin

Directions

- ☐ In a medium bowl combine dry pudding mix with milk and whiskey with a wire whisk for 2 minuets then place in the refrigerator to set a little more.In a small bowl mix pecans with melted butter and brown sugar and set aside
- ☐ Using a chilled bowl and whisk attachment (I put mine in the freezer for about 20 mins) whip cold whipping cream with sugar and vanilla on high until peaks form (approx 3-4 mins)Using a food processor and about 3/4 of a package of Pure Butter Walkers Shortbread pulse until fine or slightly chunky. (you could also put the shortbread in a zipper bag and crush with rolling pin) *I crushed them fine, but I think a little chunky would be even better!Put it all together: Using individual serving cups, layer; pudding crushed shortbread whipped cream pudding crushed shortbread top with a large dollop or whipped cream sprinkle with candied nutsdrizzle with caramel syrup or topping garnish with 1/2 shortbread cookie

Nutrition Facts



Properties

Glycemic Index:77.7, Glycemic Load:18.08, Inflammation Score:-9, Nutrition Score:13.672608785007%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

0.21mg

Nutrients (% of daily need)

Calories: 1207.49kcal (60.37%), Fat: 72.43g (111.43%), Saturated Fat: 42.23g (263.93%), Carbohydrates: 115.15g (38.38%), Net Carbohydrates: 114.28g (41.56%), Sugar: 98.76g (109.73%), Cholesterol: 206.94mg (68.98%), Sodium: 131.92mg (5.74%), Alcohol: 7.56g (100%), Alcohol %: 2.15% (100%), Protein: 10.06g (20.12%), Vitamin A: 2690.93IU (53.82%), Vitamin B2: 0.51mg (30.23%), Calcium: 294.34mg (29.43%), Vitamin D: 4.1µg (27.36%), Phosphorus: 263.12mg (26.31%), Manganese: 0.43mg (21.34%), Vitamin B12: 1.03µg (17.18%), Potassium: 416.01mg (11.89%), Vitamin E: 1.77mg (11.81%), Vitamin B1: 0.17mg (11.56%), Selenium: 8.09µg (11.55%), Vitamin B5: 1.03mg (10.3%), Magnesium: 40.16mg (10.04%), Zinc: 1.39mg (9.27%), Vitamin B6: 0.17mg (8.26%), Copper: 0.14mg (6.85%), Vitamin K: 6.17µg (5.87%), Fiber: 0.87g (3.49%), Iron: 0.46mg (2.57%), Folate: 8.57µg (2.14%), Vitamin B3: 0.38mg (1.92%), Vitamin C: 1.05mg (1.28%)