



Apple Butter-Pumpkin Pie

READY IN



40 min.

SERVINGS



10

CALORIES



343 kcal

DESSERT

Ingredients

- ☐ 0.5 cup spiced apple butter
- ☐ 15 oz pumpkin puree canned
- ☐ 8 oz cream cheese at room temperature
- ☐ 0.3 oz gelatin powder unflavored
- ☐ 1.3 cups graham cracker crumbs
- ☐ 0.5 cup heavy whipping cream
- ☐ 0.5 cup pecans finely chopped
- ☐ 1 tablespoon pumpkin pie spice
- ☐ 1 pinch salt

- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 4 tablespoons butter unsalted melted

Equipment

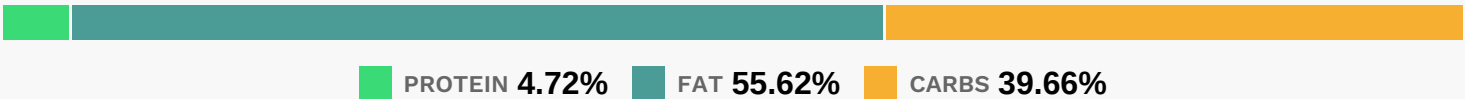
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Spread pecans on a baking sheet; toast until nuts are golden and fragrant, about 8 minutes, shaking pan twice.
- ☐ Transfer to a bowl to cool; chop finely.
- ☐ Mix pecans, graham cracker crumbs, sugar and butter until evenly moistened. Press into pie plate.
- ☐ Bake until edges are golden brown, about 10 minutes.
- ☐ Let cool on a wire rack.
- ☐ Make filling: In a small bowl, sprinkle gelatin over 1/4 cup cool water; let stand for 5 minutes to soften. Using an electric mixer on medium-high speed, beat cream cheese, sugar, pumpkin pie spice and salt until smooth.
- ☐ Mix in pumpkin puree.
- ☐ Place bowl of gelatin in a pan of simmering water and warm, stirring, until melted, about 2 minutes. When gelatin is clear and smooth, remove bowl and stir in 1/2 cup pumpkin filling. Fold gelatin mixture into remaining pumpkin filling. In a smaller bowl, whip cream until stiff peaks form, then fold into pumpkin filling. Spoon filling into pie crust and smooth top. Spoon apple butter around top of filling; press lightly into filling with spoon. Drag a small knife through apple butter in a swirl pattern to create a marble effect, taking care not to hit crust.

Chill for at least 3 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:25.12, Glycemic Load:16.49, Inflammation Score:-10, Nutrition Score:10.080869576205%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 343.2kcal (17.16%), Fat: 21.9g (33.69%), Saturated Fat: 10.8g (67.53%), Carbohydrates: 35.14g (11.71%), Net Carbohydrates: 32.73g (11.9%), Sugar: 25.23g (28.04%), Cholesterol: 48.39mg (16.13%), Sodium: 154.21mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Vitamin A: 7245.24IU (144.9%), Manganese: 0.45mg (22.61%), Fiber: 2.41g (9.65%), Phosphorus: 85.82mg (8.58%), Vitamin B2: 0.14mg (8.22%), Vitamin K: 8.54µg (8.13%), Iron: 1.38mg (7.66%), Copper: 0.15mg (7.54%), Magnesium: 27.09mg (6.77%), Vitamin E: 0.98mg (6.53%), Calcium: 60.97mg (6.1%), Potassium: 188.34mg (5.38%), Vitamin B1: 0.08mg (5.35%), Zinc: 0.7mg (4.63%), Selenium: 3.22µg (4.6%), Vitamin B5: 0.39mg (3.91%), Folate: 14.31µg (3.58%), Vitamin B6: 0.07mg (3.52%), Vitamin B3: 0.67mg (3.36%), Vitamin C: 2.14mg (2.6%), Vitamin D: 0.27µg (1.83%), Vitamin B12: 0.08µg (1.31%)