



# Brandied Pumpkin Ice-Cream Pie with Malted Pecans

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



279 kcal

SIDE DISH

## Ingredients

- 0.3 cup brown sugar packed
- 2 egg whites lightly beaten
- 1.5 cups graham cracker crumbs
- 0.3 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground ginger

- 0.3 teaspoon ground nutmeg
- 4 cups low fat vanilla ice cream low-fat softened
- 2 tablespoons liquid malt extract
- 3 tablespoons pecans toasted chopped
- 1 cup pumpkin unsweetened canned
- 1 tablespoon water

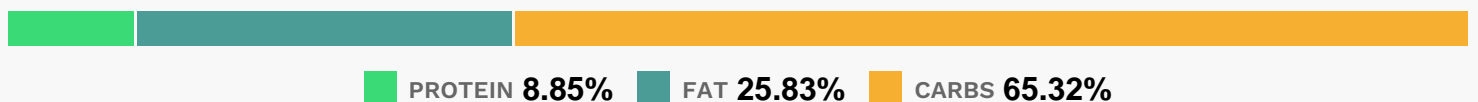
## Equipment

- food processor
- bowl
- oven
- wire rack
- aluminum foil

## Directions

- Combine the first 4 ingredients in a bowl; toss with a fork until moistened. Press into bottom and up sides of a 9-inch pie plate coated with cooking spray.
- Bake at 350 for 10 minutes; let cool on a wire rack.
- Combine pumpkin and next 5 ingredients (pumpkin through ginger) in a bowl; stir well. Stir in brandy, if desired. Fold in ice cream to create a marbled effect. Spoon pumpkin mixture into the prepared crust. Cover loosely, and freeze pie for 8 hours. (If desired, cover with heavy-duty foil; seal and freeze for up to one month ahead.)
- Place pie in refrigerator 20 minutes before serving to soften.
- Place pecans and malted milk powder in a food processor, and process until ground.
- Sprinkle the pecan mixture around edge of pie.

## Nutrition Facts



## Properties

Glycemic Index:35.88, Glycemic Load:17.14, Inflammation Score:0, Nutrition Score:7.5860868847888%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg 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 Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

## Nutrients (% of daily need)

Calories: 279.4kcal (13.97%), Fat: 8.14g (12.52%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 46.31g (15.44%), Net Carbohydrates: 44.88g (16.32%), Sugar: 30.59g (33.99%), Cholesterol: 20.85mg (6.95%), Sodium: 180.96mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.55%), Vitamin A: 1581.56IU (31.63%), Vitamin B2: 0.3mg (17.55%), Calcium: 157.08mg (15.71%), Manganese: 0.28mg (14.01%), Phosphorus: 133.77mg (13.38%), Potassium: 288.37mg (8.24%), Vitamin B1: 0.12mg (7.72%), Magnesium: 29.65mg (7.41%), Zinc: 1.11mg (7.37%), Iron: 1.13mg (6.28%), Vitamin B12: 0.37µg (6.25%), Fiber: 1.43g (5.71%), Selenium: 3.57µg (5.1%), Vitamin B5: 0.48mg (4.78%), Vitamin B3: 0.93mg (4.65%), Copper: 0.09mg (4.63%), Folate: 16.07µg (4.02%), Vitamin B6: 0.08mg (3.87%), Vitamin C: 2.34mg (2.84%), Vitamin E: 0.31mg (2.07%)