



## Coconut-Pumpkin Pudding Pie

 Popular

READY IN



240 min.

SERVINGS



8

CALORIES



275 kcal

### Ingredients

- 0.3 cup butter melted
- 15 oz pumpkin canned
- 0.8 cup baker's angel flake coconut divided
- 1.3 cups graham cracker crumbs
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.5 cup milk cold
- 1 tsp pumpkin pie spice
- 2 cups cool whip whipped topping divided thawed

### Equipment

- bowl
- oven
- whisk

## Directions

- Heat oven to 350F.
- Mix graham crumbs, butter and 1/2 cup coconut; press onto bottom and up side of 9-inch pie plate.
- Bake 8 to 10 min. or until lightly browned; cool completely.
- Beat pudding mix, milk, pumpkin and spice in medium bowl with whisk 2 min. Stir in 1 cup COOL WHIP.
- Pour into crust; top with remaining COOL WHIP.
- Refrigerate 3 hours or until firm. Meanwhile, toast remaining coconut; cool.
- Sprinkle toasted coconut over pie just before serving.

## Nutrition Facts



## Properties

Glycemic Index:20.25, Glycemic Load:7.34, Inflammation Score:-10, Nutrition Score:9.9860869853393%

## Nutrients (% of daily need)

Calories: 274.72kcal (13.74%), Fat: 15.38g (23.66%), Saturated Fat: 10.92g (68.22%), Carbohydrates: 32.74g (10.91%), Net Carbohydrates: 29.35g (10.67%), Sugar: 20.1g (22.33%), Cholesterol: 17.46mg (5.82%), Sodium: 233.63mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin A: 8488.98IU (169.78%), Manganese: 0.33mg (16.66%), Fiber: 3.39g (13.56%), Phosphorus: 93mg (9.3%), Vitamin K: 9.73µg (9.27%), Iron: 1.62mg (8.98%), Magnesium: 30.71mg (7.68%), Vitamin B2: 0.11mg (6.49%), Copper: 0.13mg (6.49%), Potassium: 223.34mg (6.38%), Calcium: 62.09mg (6.21%), Vitamin E: 0.87mg (5.79%), Vitamin B6: 0.08mg (4.05%), Vitamin B1: 0.06mg (4.03%), Zinc: 0.6mg (4%), Vitamin B3: 0.78mg (3.91%), Selenium: 2.63µg (3.75%), Folate: 13.96µg (3.49%), Vitamin B5: 0.34mg (3.41%), Vitamin C: 2.4mg (2.91%), Vitamin B12: 0.13µg (2.2%), Vitamin D: 0.17µg (1.12%)