



Creamy Pumpkin Cheese Pie

READY IN



235 min.

SERVINGS



55

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brown sugar packed
- 16 oz pumpkin canned
- 8 oz philadelphia cream cheese softened
- 1 env. knox gelatine unflavored
- 0.5 cup granulated sugar
- 1 tsp ground cinnamon
- 0.1 tsp ground cloves
- 8 planters pecan halves
- 19-inch ready-to-use pie crust refrigerated cooled ()

- 1 tsp vanilla
- 0.5 cup water cold
- 1 cup whipping cream divided

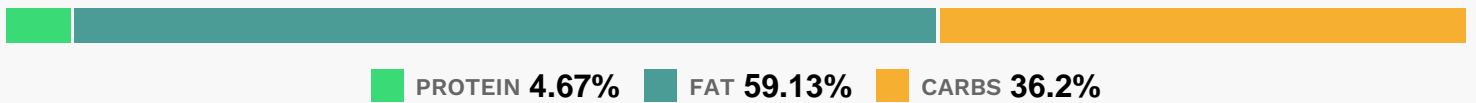
Equipment

- bowl
- sauce pan
- blender

Directions

- Sprinkle gelatine over cold water in small saucepan; let stand 1 min. Cook on low heat 2 min. or until gelatine is completely dissolved, stirring constantly. Set aside.
- Beat cream cheese in large bowl with mixer until creamy.
- Add pumpkin, sugars, cinnamon, vanilla and cloves; beat until blended.
- Add gelatine; mix well. Refrigerate 30 min. or until mixture is thick enough to mound.
- Pour 1/2 cup whipping cream into small bowl. Beat with mixer on high speed until soft peaks form.
- Add to pumpkin mixture; stir gently until blended. Spoon into crust. Refrigerate 3 hours or until firm. Beat remaining whipped cream. Spoon over pie just before serving; top with nuts.

Nutrition Facts



Properties

Glycemic Index:2.04, Glycemic Load:1.33, Inflammation Score:-7, Nutrition Score:2.1778260599012%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 61.19kcal (3.06%), Fat: 4.11g (6.32%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 5.28g (1.92%), Sugar: 3.36g (3.73%), Cholesterol: 9.05mg (3.02%), Sodium: 29.87mg (1.3%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 0.73g (1.46%), Vitamin A: 1402.79IU (28.06%), Manganese: 0.05mg (2.5%), Vitamin K: 1.84µg (1.75%), Vitamin B2: 0.03mg (1.71%), Fiber: 0.38g (1.51%), Phosphorus: 13.08mg (1.31%), Iron: 0.24mg (1.31%), Vitamin E: 0.18mg (1.23%), Calcium: 11.27mg (1.13%), Selenium: 0.76µg (1.09%), Folate: 4.14µg (1.04%), Vitamin B1: 0.02mg (1.01%)