



Creamy Two-Layer Pumpkin Pie

READY IN



260 min.

SERVINGS



20

CALORIES



95 kcal

DESSERT

Ingredients

- 16 oz pumpkin canned
- 1 cup milk fat-free cold divided
- 6 oz ready-to-use graham cracker crumb crust reduced-fat
- 0.3 tsp ground cinnamon
- 0.1 tsp ground ginger
- 2 oz jell-o vanilla flavor pudding fat free sugar free instant
- 4 oz philadelphia neufchatel cheese softened ()
- 1 Tbsp sugar
- 1.5 cups cool whip lite whipped topping thawed

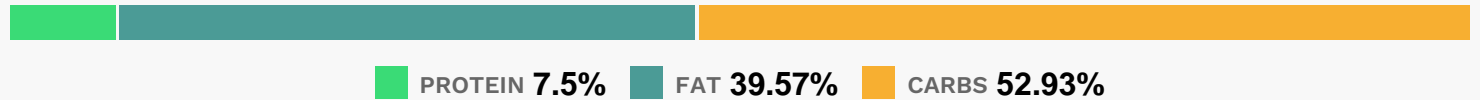
Equipment

- bowl
- whisk

Directions

- Beat Neufchatel, 1 Tbsp. milk and sugar in medium bowl with whisk until blended; stir in COOL WHIP.
- Spread onto bottom of crust.
- Beat pumpkin, pudding mix, spices and remaining milk with whisk 2 min. (
- Mixture will be thick.)
- Spread over COOL WHIP layer in crust.
- Refrigerate 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:6.77, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:5.651304203531%

Nutrients (% of daily need)

Calories: 94.6kcal (4.73%), Fat: 4.23g (6.5%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 11.86g (4.31%), Sugar: 7.26g (8.07%), Cholesterol: 4.68mg (1.56%), Sodium: 87.22mg (3.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin A: 3606.65IU (72.13%), Manganese: 0.15mg (7.7%), Vitamin K: 5.77µg (5.49%), Phosphorus: 43.08mg (4.31%), Vitamin B2: 0.06mg (3.58%), Calcium: 35.65mg (3.56%), Fiber: 0.86g (3.42%), Iron: 0.56mg (3.09%), Vitamin E: 0.45mg (3%), Potassium: 91.96mg (2.63%), Magnesium: 9.65mg (2.41%), Folate: 9.46µg (2.37%), Copper: 0.05mg (2.32%), Vitamin B1: 0.03mg (2.02%), Vitamin B3: 0.39mg (1.95%), Vitamin B5: 0.18mg (1.82%), Zinc: 0.25mg (1.69%), Vitamin B12: 0.1µg (1.66%), Vitamin B6: 0.03mg (1.49%), Selenium: 0.9µg (1.28%), Vitamin C: 0.95mg (1.16%)