



## Crumb Crust Pumpkin Pie

READY IN



135 min.

SERVINGS



15

CALORIES



175 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted
- 1 cup pumpkin canned
- 8 oz philadelphia cream cheese softened
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.5 cup milk cold
- 0.5 tsp pumpkin pie spice
- 2 Tbsp sugar
- 1.3 cups vanilla wafers crushed finely
- 1 cup cool whip whipped topping divided thawed

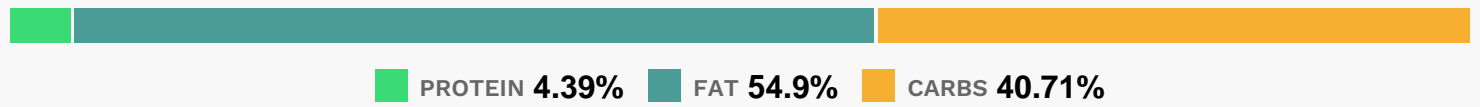
## Equipment

- bowl
- blender

## Directions

- Mix wafer crumbs, butter and sugar until blended; press onto bottom and up side of 9-inch pie plate.
- Beat cream cheese in large bowl with mixer until creamy. Gradually add milk, beating after each addition until blended. Add dry pudding mix, pumpkin and spice; beat on low speed 1 min. or until blended. Stir in 1/2 cup COOL WHIP.
- Pour into crust.
- Refrigerate 2 hours or until firm. Top with remaining COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:14.14, Glycemic Load:6.55, Inflammation Score:-9, Nutrition Score:4.5460869929065%

## Nutrients (% of daily need)

Calories: 174.81kcal (8.74%), Fat: 10.84g (16.68%), Saturated Fat: 4.96g (30.99%), Carbohydrates: 18.09g (6.03%), Net Carbohydrates: 17.44g (6.34%), Sugar: 12.27g (13.64%), Cholesterol: 16.44mg (5.48%), Sodium: 168.36mg (7.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Vitamin A: 2897.37IU (57.95%), Vitamin B2: 0.08mg (4.88%), Phosphorus: 38.72mg (3.87%), Vitamin B1: 0.05mg (3.46%), Calcium: 34.33mg (3.43%), Vitamin E: 0.45mg (3%), Vitamin K: 3.13µg (2.98%), Folate: 11.59µg (2.9%), Fiber: 0.65g (2.6%), Selenium: 1.71µg (2.45%), Potassium: 81.84mg (2.34%), Vitamin B5: 0.19mg (1.85%), Manganese: 0.04mg (1.79%), Magnesium: 6.63mg (1.66%), Vitamin B3: 0.33mg (1.64%), Vitamin B12: 0.09µg (1.52%), Iron: 0.27mg (1.48%), Vitamin B6: 0.02mg (1.21%), Copper: 0.02mg (1.13%)