



Crumb Crust Pumpkin Pie

READY IN



135 min.

SERVINGS



8

CALORIES



328 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

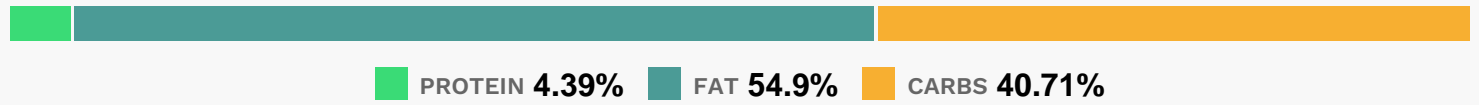
Equipment

- 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:26.51, Glycemic Load:12.28, Inflammation Score:-10, Nutrition Score:8.1465217237887%

Nutrients (% of daily need)

Calories: 327.77kcal (16.39%), Fat: 20.33g (31.27%), Saturated Fat: 9.3g (58.1%), Carbohydrates: 33.92g (11.31%), Net Carbohydrates: 32.71g (11.89%), Sugar: 23.02g (25.57%), Cholesterol: 30.82mg (10.27%), Sodium: 315.68mg (13.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.31%), Vitamin A: 5432.57IU (108.65%), Vitamin B2: 0.16mg (9.16%), Phosphorus: 72.61mg (7.26%), Vitamin B1: 0.1mg (6.49%), Calcium: 64.36mg (6.44%), Vitamin E: 0.84mg (5.63%), Vitamin K: 5.87µg (5.59%), Folate: 21.73µg (5.43%), Fiber: 1.22g (4.87%), Selenium: 3.21µg (4.59%), Potassium: 153.44mg (4.38%), Vitamin B5: 0.35mg (3.47%), Manganese: 0.07mg (3.36%), Magnesium: 12.44mg (3.11%), Vitamin B3: 0.61mg (3.07%), Vitamin B12: 0.17µg (2.84%), Iron: 0.5mg (2.77%), Vitamin B6: 0.05mg (2.26%), Copper: 0.04mg (2.11%), Zinc: 0.27mg (1.81%), Vitamin C: 1.33mg (1.61%), Vitamin D: 0.17µg (1.12%)