



Double Layer Pumpkin Pie

READY IN



260 min.

SERVINGS



8

CALORIES



1177 kcal

DESSERT

Ingredients

- ☐ 4 ounces cream cheese softened
- ☐ 9 inch graham cracker crust prepared
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 7 ounce vanilla pudding mix instant
- ☐ 1 cup milk cold
- ☐ 15 ounce solid pack pumpkin puree canned
- ☐ 1.5 cups non-dairy whipped topping frozen thawed

☐ 1 tablespoon sugar white

Equipment

☐ bowl

☐ whisk

Directions

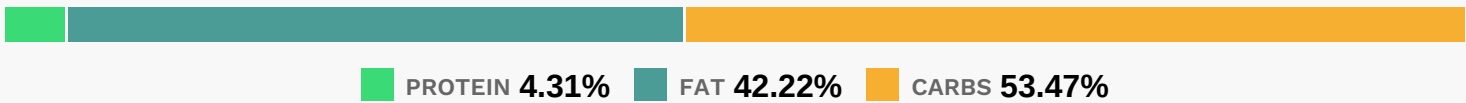
☐ In a large bowl, whisk together cream cheese, 1 tablespoon of milk, and sugar until smooth. Gently stir in whipped topping.

☐ Spread into bottom of crust.

☐ Pour 1 cup of milk into large bowl, and thoroughly mix in pudding mix, pumpkin, cinnamon, ginger, and cloves. When thickened, spread over cream cheese layer.

☐ Refrigerate 4 hours, or until set.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:1.8, Inflammation Score:-10, Nutrition Score:26.306956477787%

Nutrients (% of daily need)

Calories: 1176.64kcal (58.83%), Fat: 55.39g (85.22%), Saturated Fat: 14.69g (91.8%), Carbohydrates: 157.82g (52.61%), Net Carbohydrates: 152.32g (55.39%), Sugar: 62.88g (69.86%), Cholesterol: 18.26mg (6.09%), Sodium: 1127.43mg (49.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.73g (25.46%), Vitamin A: 8525.54IU (170.51%), Manganese: 2.67mg (133.41%), Vitamin K: 51.2µg (48.77%), Folate: 132.44µg (33.11%), Iron: 5.81mg (32.3%), Vitamin B3: 6.43mg (32.14%), Vitamin B2: 0.53mg (31.02%), Phosphorus: 299.68mg (29.97%), Vitamin E: 4.32mg (28.8%), Vitamin B1: 0.39mg (25.87%), Copper: 0.49mg (24.73%), Fiber: 5.5g (21.98%), Zinc: 2.71mg (18.04%), Magnesium: 62.71mg (15.68%), Calcium: 134.83mg (13.48%), Potassium: 412.63mg (11.79%), Selenium: 7.64µg (10.91%), Vitamin B6: 0.21mg (10.29%), Vitamin B5: 0.75mg (7.49%), Vitamin B12: 0.22µg (3.73%), Vitamin C: 2.24mg (2.72%), Vitamin D: 0.34µg (2.24%)