

Easy Layered Caramel Pumpkin Pie

READY IN



230 min.

SERVINGS



8

CALORIES



331 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 15 oz pumpkin canned
- 0.3 cup caramel ice cream topping divided
- 6 oz ready-to-use graham cracker crumb crust
- 2 cups marshmallows jet-puffed miniature
- 2 tsp pumpkin pie spice
- 0.8 cup planters walnuts toasted chopped
- 2.5 cups cool whip whipped topping divided thawed

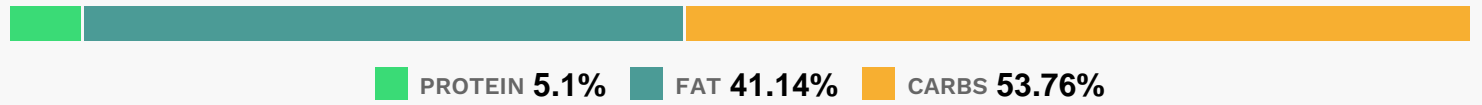
Equipment

- sauce pan

Directions

- Cook first 4 ingredients in saucepan on medium heat 5 min. or until marshmallows are melted and mixture is well blended, stirring frequently. Cool completely.
- Spread 1/2 cup nuts onto bottom of crust; drizzle with 1/4 cup caramel topping. Cover with half the pumpkin mixture.
- Add 2 cups COOL WHIP to remaining pumpkin mixture; stir gently until blended.
- Spread over pumpkin layer in crust.
- Refrigerate 2 hours or until firm. Top with remaining COOL WHIP and caramel topping before serving.

Nutrition Facts



Properties

Glycemic Index:10.06, Glycemic Load:6.29, Inflammation Score:-10, Nutrition Score:12.046956559886%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg

Nutrients (% of daily need)

Calories: 331.42kcal (16.57%), Fat: 15.72g (24.19%), Saturated Fat: 4.5g (28.1%), Carbohydrates: 46.23g (15.41%), Net Carbohydrates: 43.48g (15.81%), Sugar: 29.35g (32.61%), Cholesterol: 0.47mg (0.16%), Sodium: 156.13mg (6.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.77%), Vitamin A: 8299.78IU (166%), Manganese: 0.8mg (40.18%), Copper: 0.3mg (14.92%), Vitamin K: 14.31µg (13.63%), Fiber: 2.76g (11.02%), Phosphorus: 103.31mg (10.33%), Iron: 1.8mg (9.98%), Magnesium: 37.89mg (9.47%), Folate: 32.09µg (8.02%), Vitamin E: 1.16mg (7.75%), Vitamin B2: 0.11mg (6.6%), Potassium: 222.82mg (6.37%), Vitamin B1: 0.09mg (6.31%), Calcium: 59.82mg (5.98%), Vitamin B6: 0.11mg (5.72%), Vitamin B3: 1.05mg (5.26%), Zinc: 0.74mg (4.9%), Vitamin B5: 0.33mg (3.34%), Selenium: 2.29µg (3.27%), Vitamin C: 2.51mg (3.04%)