

Easy Turtle Pumpkin Pie

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



761 kcal

DESSERT

Ingredients

- 1 package chocolate sandwich cookies gluten free (aka Oreos)
- 0.3 cup butter melted
- 1.5 cup cup heavy whipping cream
- 2 Tbsp sugar
- 2 Tbsp mrs richardson's butterscotch caramel sauce
- 2 Tbsp pecans chopped
- 6.8 oz vanilla pudding instant
- 1 cup milk cold

- 1 cup pumpkin puree canned fine (is)
- 0.5 tsp cinnamon

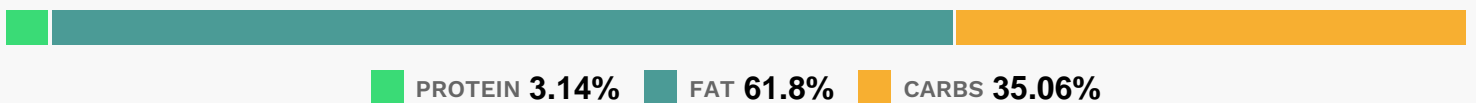
Equipment

- food processor
- bowl
- oven
- mixing bowl
- stand mixer
- springform pan

Directions

- Preheat oven to 350F.
- In a large mixing bowl or the bowl of a stand mixer, combine cream and sugar. Beat until stiff peaks form and set aside.
- To make the crust, place cookies and butter in a food processor, pulse until finely ground. Press into a 9-inch pie plate and bake at 350F for 10 minutes. Set aside to cool.
- Combine pudding mix, pumpkin, milk and cinnamon in large bowl until well combined. Fold in half of the whipped cream and pour into your prepared crust.
- Top pie with the remaining whipped cream, drizzle with caramel sauce and sprinkle the pecans on top.
- Refrigerate for at least 1 hour (or overnight) before serving.
- * You can also try make this in a springform pan, but I would recommend popping the cake in the freezer before unmolding/serving -- just be sure not to let it warm up too much or it might start to collapse!

Nutrition Facts



Properties

Glycemic Index:43.27, Glycemic Load:5.3, Inflammation Score:-10, Nutrition Score:13.275217391304%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg

Nutrients (% of daily need)

Calories: 760.92kcal (38.05%), Fat: 53.55g (82.39%), Saturated Fat: 31.84g (199.01%), Carbohydrates: 68.37g (22.79%), Net Carbohydrates: 65.64g (23.87%), Sugar: 57.94g (64.38%), Cholesterol: 148.84mg (49.61%), Sodium: 513.9mg (22.34%), Protein: 6.12g (12.24%), Vitamin A: 11428.84IU (228.58%), Manganese: 0.39mg (19.28%), Vitamin B2: 0.31mg (17.97%), Calcium: 168.65mg (16.86%), Phosphorus: 158.37mg (15.84%), Vitamin D: 2.1µg (13.99%), Vitamin K: 14.44µg (13.75%), Vitamin E: 2.02mg (13.48%), Fiber: 2.73g (10.91%), Potassium: 345.43mg (9.87%), Vitamin B12: 0.52µg (8.71%), Magnesium: 34.79mg (8.7%), Vitamin B5: 0.78mg (7.81%), Copper: 0.15mg (7.38%), Selenium: 5.07µg (7.25%), Vitamin B1: 0.1mg (6.72%), Iron: 1.15mg (6.37%), Vitamin B6: 0.11mg (5.72%), Zinc: 0.83mg (5.52%), Vitamin C: 3.23mg (3.91%), Folate: 12.81µg (3.2%), Vitamin B3: 0.42mg (2.09%)