



Frost-On-The-Pumpkin Pie

READY IN



25 min.

SERVINGS



8

CALORIES



938 kcal

DESSERT

Ingredients

- 1.5 cups graham cracker crumbs (24 squares)
- 3 tablespoons sugar
- 0.3 teaspoon nutmeg
- 0.1 teaspoon ground cloves
- 0.3 cup butter melted
- 16 ounces vanilla frosting canned
- 15 ounces shortening canned
- 1 cup cream sour
- 1 teaspoons ground cinnamon

- 0.5 teaspoon ground ginger
- 0.3 teaspoon ground cloves
- 1 cup non-dairy whipped topping

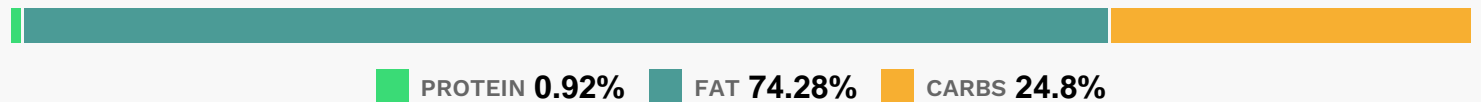
Equipment

- bowl
- oven
- wire rack

Directions

- In a small bowl, combine the first five ingredients. Set aside 1 tablespoon for topping. Press remaining crumb mixture onto the bottom and up the sides of an ungreased 9-in. pie plate.
- Bake at 350° for 7-9 minutes or until crust just begins to brown. Cool on a wire rack.
- In a large bowl, combine the frosting, pumpkin, sour cream, cinnamon, ginger and cloves. Fold in whipped topping. Spoon into crust.
- Sprinkle with the reserved crumb mixture. Refrigerate for at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:39.01, Glycemic Load:28.2, Inflammation Score:-3, Nutrition Score:6.5430435007033%

Nutrients (% of daily need)

Calories: 938.36kcal (46.92%), Fat: 78.45g (120.69%), Saturated Fat: 24.07g (150.42%), Carbohydrates: 58.91g (19.64%), Net Carbohydrates: 58.18g (21.16%), Sugar: 47.12g (52.35%), Cholesterol: 37.49mg (12.5%), Sodium: 287.1mg (12.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Vitamin K: 37.25µg (35.48%), Vitamin E: 4.52mg (30.1%), Vitamin B2: 0.27mg (15.91%), Vitamin A: 423.4IU (8.47%), Phosphorus: 73.68mg (7.37%), Manganese: 0.15mg (7.34%), Calcium: 56.04mg (5.6%), Vitamin B5: 0.5mg (5.02%), Iron: 0.87mg (4.84%), Vitamin B1: 0.06mg (4.05%), Vitamin B3: 0.78mg (3.89%), Magnesium: 14.35mg (3.59%), Folate: 14.17µg (3.54%), Zinc: 0.47mg (3.14%), Fiber: 0.73g (2.92%), Potassium: 98.82mg (2.82%), Selenium: 1.55µg (2.22%), Vitamin B6: 0.03mg (1.59%), Vitamin B12: 0.1µg (1.59%)