

Frozen Pumpkin Pie

READY IN



165 min.

SERVINGS



8

CALORIES



357 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1.5 cups gingersnap cookies crushed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup pumpkin puree
- ☐ 0.5 teaspoon salt
- ☐ 2 cups whipped cream softened
- ☐ 2 cups non-dairy whipped topping frozen thawed

☐ 1 cup sugar white

Equipment

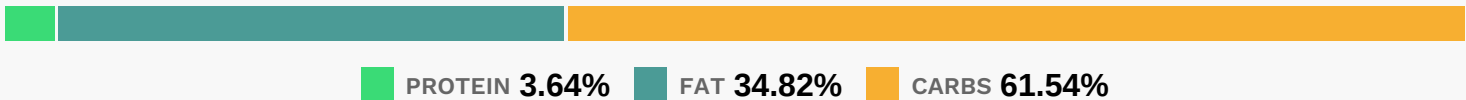
☐ bowl

☐ oven

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ In a small bowl mix together 1 1/2 cups crushed gingersnaps and 1 tablespoon sugar. Stir in melted butter or margarine. Press mixture evenly into a 9 inch pie plate.
- ☐ Bake for 15 minutes. Allow to cool.
- ☐ In a medium bowl, combine pumpkin, 1 cup sugar, salt, ginger, cinnamon, and nutmeg. Stir until thoroughly mixed. Fold in whipped topping.
- ☐ Spread ice cream in an even layer in bottom of cooled gingersnap crust.
- ☐ Pour pumpkin mixture over ice cream. Freeze at least 2 hours before serving.
- ☐ Garnish with whipped topping and crushed gingersnaps if desired.

Nutrition Facts



Properties

Glycemic Index:32.01, Glycemic Load:22.08, Inflammation Score:-10, Nutrition Score:10.0152173742%

Nutrients (% of daily need)

Calories: 357.03kcal (17.85%), Fat: 14.11g (21.71%), Saturated Fat: 8.59g (53.68%), Carbohydrates: 56.11g (18.7%), Net Carbohydrates: 54.43g (19.79%), Sugar: 41.63g (46.25%), Cholesterol: 30.15mg (10.05%), Sodium: 350.28mg (15.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin A: 5097.14IU (101.94%), Manganese: 0.44mg (22.22%), Vitamin B2: 0.18mg (10.71%), Iron: 1.88mg (10.46%), Calcium: 83.38mg (8.34%), Phosphorus: 78.96mg (7.9%), Fiber: 1.68g (6.73%), Potassium: 225.64mg (6.45%), Vitamin K: 6.67µg (6.35%), Folate: 24.6µg (6.15%), Magnesium: 23.96mg (5.99%), Vitamin E: 0.89mg (5.94%), Copper: 0.11mg (5.52%), Vitamin B1: 0.07mg (4.51%), Vitamin B3: 0.87mg (4.37%), Vitamin B5: 0.4mg (4.04%), Selenium: 2.54µg (3.63%), Vitamin B12: 0.18µg (2.97%), Vitamin B6: 0.06mg (2.94%), Zinc: 0.43mg (2.88%), Vitamin C: 1.49mg (1.81%)