



Frozen Pumpkin Pie with Tequila Chocolate Topping

READY IN



200 min.

SERVINGS



8

CALORIES



521 kcal

DESSERT

Ingredients

- ☐ 30 gingersnaps
- ☐ 1 cup cereal french organic cascadian farm®
- ☐ 2 tablespoons butter melted
- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg

- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon salt
- ☐ 4 cups whipped cream softened
- ☐ 0.3 cup topping
- ☐ 1 tablespoon tequila
- ☐ 0.5 cup whipping cream

Equipment

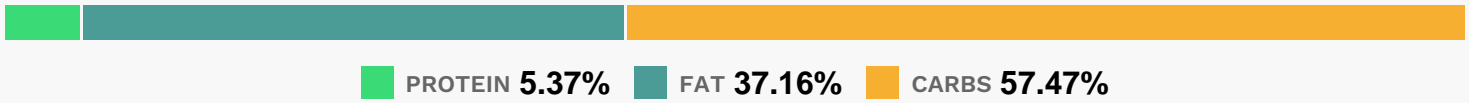
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Heat oven to 350°F. In food processor, place cookies and granola. Cover; process, using on-and-off pulses, until fine crumbs form.
- ☐ Add melted butter; process until crumbs are moistened. Press mixture in bottom and up side of 9-inch springform pan.
- ☐ Bake 6 to 8 minutes or until lightly browned. Cool on cooling rack.
- ☐ In large bowl, mix pumpkin, brown sugar, cinnamon, ginger, nutmeg, cloves and salt until blended.
- ☐ Add ice cream; stir until blended.
- ☐ Pour into cooled baked crust. Freeze 1 hour.
- ☐ In small bowl, stir together fudge topping and tequila.
- ☐ Pour over pie. Freeze until firm, at least 2 hours.

- ☐
- About 20 minutes before serving, transfer pie from freezer to refrigerator. Run knife or small metal spatula around edge of pan; carefully remove side of pan.
- ☐
- Cut pie into slices; serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:9.23, Inflammation Score:-10, Nutrition Score:16.668695397999%

Nutrients (% of daily need)

Calories: 521.42kcal (26.07%), Fat: 21.74g (33.44%), Saturated Fat: 11.12g (69.48%), Carbohydrates: 75.65g (25.22%), Net Carbohydrates: 69.03g (25.1%), Sugar: 34.99g (38.88%), Cholesterol: 53.47mg (17.82%), Sodium: 448.94mg (19.52%), Alcohol: 0.63g (100%), Alcohol %: 0.4% (100%), Protein: 7.07g (14.15%), Vitamin A: 4996.09IU (99.92%), Manganese: 1.16mg (57.96%), Fiber: 6.62g (26.48%), Vitamin B2: 0.36mg (21.39%), Phosphorus: 179.35mg (17.93%), Iron: 3.2mg (17.8%), Calcium: 162.27mg (16.23%), Magnesium: 51.47mg (12.87%), Folate: 51.18µg (12.79%), Vitamin B5: 1.24mg (12.41%), Potassium: 411.1mg (11.75%), Copper: 0.22mg (10.83%), Vitamin E: 1.52mg (10.11%), Vitamin B1: 0.14mg (9.48%), Selenium: 6.6µg (9.43%), Vitamin B6: 0.17mg (8.61%), Zinc: 1.18mg (7.85%), Vitamin B3: 1.33mg (6.63%), Vitamin B12: 0.3µg (5.06%), Vitamin C: 2.39mg (2.89%), Vitamin K: 2.61µg (2.49%), Vitamin D: 0.37µg (2.47%)