



Impossibly Easy Pumpkin-Pecan Pie

 Gluten Free

READY IN



115 min.

SERVINGS



8

CALORIES



233 kcal

DESSERT

Ingredients

- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.5 cup sugar
- 1 cup evaporated milk (from 12-oz can)
- 1 tablespoon butter softened
- 1.5 teaspoons pumpkin pie spice
- 1 teaspoon vanilla
- 2 eggs
- 0.5 cup pecans chopped

- 1.5 cups cool whip frozen thawed
- 0.3 teaspoon pumpkin pie spice
- 8 cashew pieces
- 0.5 cup frangelico

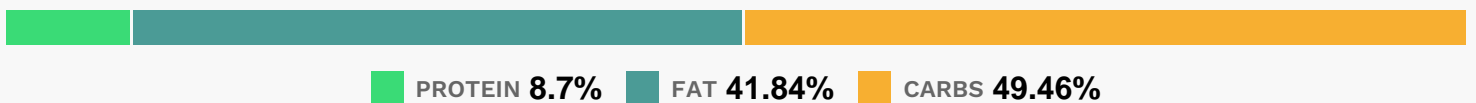
Equipment

- bowl
- oven
- knife

Directions

- Heat oven to 350°F. Spray 9-inch glass pie plate with cooking spray.
- In medium bowl, stir pumpkin, Bisquick mix, sugar, milk, butter, 1 1/2 teaspoons pumpkin pie spice, the vanilla and eggs until blended. Stir in chopped pecans.
- Pour into pie plate.
- Bake 35 to 40 minutes or until knife inserted in center comes out clean. Cool completely, about 1 hour.
- Stir whipped topping and 1/4 teaspoon pumpkin pie spice.
- Garnish pie with topping and pecan halves. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:13.16, Glycemic Load:8.86, Inflammation Score:-9, Nutrition Score:9.946956447933%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 233.32kcal (11.67%), Fat: 11.24g (17.29%), Saturated Fat: 3.07g (19.22%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 26.27g (9.55%), Sugar: 18.38g (20.43%), Cholesterol: 52.31mg (17.43%), Sodium: 146.41mg (6.37%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 5.26g (10.52%), Vitamin A: 3027.42IU (60.55%), Manganese: 0.54mg (27.13%), Vitamin B2: 0.29mg (17.09%), Fiber: 3.63g (14.5%), Phosphorus: 139.19mg (13.92%), Calcium: 125.06mg (12.51%), Vitamin B5: 0.83mg (8.27%), Selenium: 5.57µg (7.95%), Copper: 0.16mg (7.83%), Magnesium: 28.74mg (7.18%), Vitamin B1: 0.1mg (6.5%), Vitamin B6: 0.13mg (6.4%), Zinc: 0.93mg (6.18%), Potassium: 214.84mg (6.14%), Folate: 23.89µg (5.97%), Vitamin B12: 0.36µg (5.97%), Iron: 0.98mg (5.44%), Vitamin C: 1.97mg (2.39%), Vitamin E: 0.35mg (2.33%), Vitamin B3: 0.35mg (1.77%), Vitamin D: 0.25µg (1.68%), Vitamin K: 1.14µg (1.08%)