



Lizard Pumpkin Pie

READY IN



45 min.

SERVINGS



10

CALORIES



964 kcal

DESSERT

Ingredients

- ☐ 1 cup pumpkin canned
- ☐ 0.3 cup caramel ice cream topping divided
- ☐ 1 teaspoon cinnamon
- ☐ 9 inch graham cracker crust
- ☐ 6.8 oz vanilla pudding mix instant
- ☐ 1 cup milk
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.5 cup pecans divided
- ☐ 8 ounce non-dairy whipped topping frozen divided thawed

Equipment

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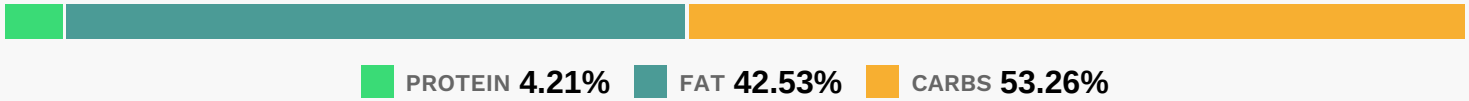
whisk

Directions

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Pour 1/4 cup caramel topping into crust; sprinkle with 1/2 cup nuts. Beat milk, dry pudding mixes, pumpkin and spices with a whisk until blended. Stir in 1 1/2 cups whipped topping; spread mixture into crust. Refrigerate at least one hour. Before serving, spread pie with remaining whipped topping, drizzle with remaining caramel topping and sprinkle with remaining pecans if desired.

Nutrition Facts



Properties

Glycemic Index:12.3, Glycemic Load:0.48, Inflammation Score:-10, Nutrition Score:21.717391205871%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg

Nutrients (% of daily need)

Calories: 964.25kcal (48.21%), Fat: 45.8g (70.47%), Saturated Fat: 11.08g (69.27%), Carbohydrates: 129.07g (43.02%), Net Carbohydrates: 124.68g (45.34%), Sugar: 53.79g (59.77%), Cholesterol: 3.38mg (1.13%), Sodium: 889.17mg (38.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.19g (20.39%), Manganese: 2.29mg (114.7%), Vitamin A: 3879.61IU (77.59%), Vitamin K: 38.33µg (36.5%), Folate: 104.47µg (26.12%), Vitamin B3: 5.13mg (25.66%), Iron: 4.51mg (25.08%), Phosphorus: 247.04mg (24.7%), Vitamin B2: 0.4mg (23.7%), Vitamin B1: 0.34mg (22.8%), Copper: 0.44mg (22.05%), Vitamin E: 3.3mg (22%), Fiber: 4.38g (17.53%), Zinc: 2.33mg (15.56%), Magnesium: 52.52mg (13.13%), Calcium: 106.59mg (10.66%), Potassium: 314.01mg (8.97%), Vitamin B6: 0.16mg (8.07%), Selenium: 5.55µg (7.92%), Vitamin B5: 0.52mg (5.18%), Vitamin B12: 0.19µg (3.12%), Vitamin D: 0.27µg (1.79%), Vitamin C: 1.13mg (1.37%)