



## Luscious Pumpkin Ice Cream Pie

READY IN



110 min.

SERVINGS



8

CALORIES



773 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted
- 1 cup pumpkin puree canned
- 2 tablespoons granulated sugar
- 0.8 cup heavy cream
- 2 tablespoons maple syrup
- 2 teaspoons pumpkin pie spice
- 0.7 cup semi chocolate chips
- 4 tablespoons shortening
- 1 quart whipped cream softened

- 50 vanilla wafers
- 0.5 cup walnuts

## Equipment

- food processor
- bowl
- sauce pan
- blender
- hand mixer
- spatula
- pastry bag
- peeler
- pie form

## Directions

- In a blender or food processor, blend the vanilla wafer cookies and walnuts into fine crumbs.
- Transfer to a 9 inch pie pan.
- Mix in the butter and maple syrup. Using a fork, press firmly and evenly onto the bottom and sides of the pie pan to create a crust. Chill 10 minutes in the freezer.
- In a large bowl, blend the vanilla ice cream, pumpkin and pumpkin pie spice. Spoon into the pie crust. Smooth top with a spatula. Chill 1 hour in the freezer, or until firm.
- Before serving pie, place the heavy cream and granulated sugar in a small bowl.
- Mix with an electric mixer on high speed until peaks form. Spoon into a pastry bag with a star tip and pipe around the edge of the pie.
- In a small saucepan over low heat, melt shortening and chocolate chips, stirring occasionally, until smooth.
- Transfer to a small plastic container and chill in the freezer 30 minutes, or until firm.
- Remove chocolate from container. Using a vegetable peeler or cheese slicer, scrape the chocolate to form small curls. Use the curls to decorate the pie

## Nutrition Facts

PROTEIN 4.45% FAT 57.82% CARBS 37.73%

## Properties

Glycemic Index:39.32, Glycemic Load:40.66, Inflammation Score:-10, Nutrition Score:16.993043557457%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

## Nutrients (% of daily need)

Calories: 773.27kcal (38.66%), Fat: 50.42g (77.57%), Saturated Fat: 24.38g (152.36%), Carbohydrates: 74.01g (24.67%), Net Carbohydrates: 70.01g (25.46%), Sugar: 50.32g (55.91%), Cholesterol: 93.79mg (31.26%), Sodium: 301.2mg (13.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 8.73g (17.46%), Vitamin A: 5779.72IU (115.59%), Manganese: 0.7mg (34.9%), Vitamin B2: 0.51mg (30.24%), Phosphorus: 230.21mg (23.02%), Calcium: 201.23mg (20.12%), Copper: 0.37mg (18.43%), Vitamin B1: 0.25mg (16.88%), Magnesium: 64.99mg (16.25%), Fiber: 4.01g (16.02%), Potassium: 484.82mg (13.85%), Folate: 50.98µg (12.75%), Vitamin K: 11.29µg (10.75%), Zinc: 1.6mg (10.66%), Vitamin E: 1.59mg (10.61%), Iron: 1.83mg (10.15%), Vitamin B5: 1mg (10.05%), Vitamin B12: 0.54µg (8.94%), Vitamin B3: 1.46mg (7.32%), Selenium: 4.67µg (6.68%), Vitamin B6: 0.13mg (6.42%), Vitamin D: 0.59µg (3.96%), Vitamin C: 2.34mg (2.84%)