



## Mini Pumpkin Pies

READY IN



60 min.

SERVINGS



1

CALORIES



1596 kcal

DESSERT

## Ingredients

- 1 cup pumpkin canned
- 2 eggs divided
- 4 oz graham cracker pie crusts mini (6 shells)
- 4 oz philadelphia neufchatel cheese softened ()
- 0.3 cup planters pecans chopped
- 0.5 tsp pumpkin pie spice
- 0.5 cup sugar divided
- 6 Tbsp cool whip lite whipped topping thawed

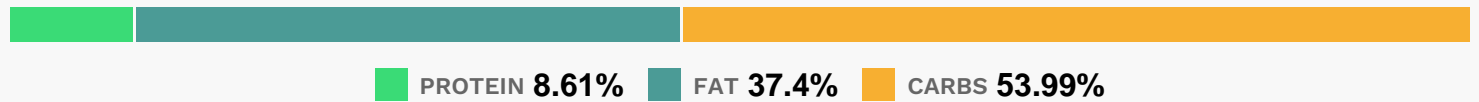
## Equipment

- baking sheet
- oven

## Directions

- Heat oven to 350F.
- Place pie crusts on baking sheet.
- Mix Neufchatel, 1 Tbsp. sugar and 1 egg until blended; spoon into pie crusts.
- Mix pumpkin, spice, remaining sugar and egg until blended; spoon over Neufchatel layers in pie crusts.
- Sprinkle with nuts.
- Bake 40 min. or until centers are set. Cool completely.
- Serve topped with COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:181.09, Glycemic Load:132.11, Inflammation Score:-10, Nutrition Score:41.015217698139%

## Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

## Nutrients (% of daily need)

Calories: 1596.25kcal (79.81%), Fat: 68.01g (104.63%), Saturated Fat: 24.02g (150.13%), Carbohydrates: 220.94g (73.65%), Net Carbohydrates: 207.47g (75.44%), Sugar: 145.33g (161.48%), Cholesterol: 411.81mg (137.27%), Sodium: 1284.14mg (55.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.21g (70.43%), Vitamin A: 39594.29IU (791.89%), Manganese: 1.65mg (82.73%), Phosphorus: 735.08mg (73.51%), Vitamin B2: 1.06mg (62.3%), Iron: 10.65mg (59.15%), Fiber: 13.46g (53.85%), Selenium: 33.67µg (48.09%), Magnesium: 178.15mg (44.54%), Vitamin K:

43.36µg (41.3%), Zinc: 5.86mg (39.07%), Calcium: 378.53mg (37.85%), Vitamin B1: 0.55mg (36.49%), Folate: 145.26µg (36.31%), Copper: 0.7mg (35.05%), Potassium: 1135.6mg (32.45%), Vitamin B5: 3.19mg (31.95%), Vitamin E: 4.47mg (29.82%), Vitamin B3: 5.83mg (29.13%), Vitamin B6: 0.51mg (25.37%), Vitamin B12: 1.18µg (19.62%), Vitamin C: 10.76mg (13.04%), Vitamin D: 1.76µg (11.73%)