



No-Bake Pumpkin Pie

READY IN



265 min.

SERVINGS



8

CALORIES



308 kcal

Ingredients

- 16 oz pumpkin canned
- 1 env. Knox gelatine unflavored
- 6 oz ready-to-use graham cracker crumb crust
- 1 tsp ground cinnamon
- 0.5 tsp ground ginger
- 0.3 tsp ground nutmeg
- 14 oz condensed milk sweetened canned
- 0.3 cup water
- 1 cup cool whip whipped topping thawed

Equipment

- sauce pan
- whisk

Directions

- Mix condensed milk, cinnamon, ginger and nutmeg with whisk until blended.
- Sprinkle gelatine over water in medium saucepan; let stand 1 min. Cook on low heat 2 min. or until gelatine is completely dissolved, stirring constantly.
- Add milk mixture; stir until blended. Continue cooking 5 min. or until slightly thickened.
- Remove from heat. Stir in pumpkin. Spoon into crust.
- Refrigerate 4 hours or until firm. Top each serving with a dollop of COOL WHIP just before serving.

Nutrition Facts

  
 **PROTEIN 7.69%**  **FAT 31.49%**  **CARBS 60.82%**

Properties

Glycemic Index:17, Glycemic Load:16.48, Inflammation Score:-10, Nutrition Score:12.731304383796%

Nutrients (% of daily need)

Calories: 308.01kcal (15.4%), Fat: 11.01g (16.94%), Saturated Fat: 4.95g (30.94%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 45.59g (16.58%), Sugar: 34.95g (38.83%), Cholesterol: 17.06mg (5.69%), Sodium: 173.43mg (7.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Vitamin A: 8964.75IU (179.29%), Manganese: 0.46mg (22.87%), Phosphorus: 177.77mg (17.78%), Calcium: 172.26mg (17.23%), Vitamin B2: 0.29mg (17.14%), Vitamin K: 14.41µg (13.72%), Selenium: 8.47µg (12.1%), Potassium: 337.5mg (9.64%), Fiber: 2.25g (9%), Iron: 1.5mg (8.32%), Magnesium: 32.15mg (8.04%), Vitamin E: 1.13mg (7.52%), Vitamin B1: 0.1mg (6.64%), Folate: 26.49µg (6.62%), Vitamin B5: 0.64mg (6.39%), Copper: 0.12mg (6.13%), Zinc: 0.85mg (5.67%), Vitamin B3: 1.02mg (5.11%), Vitamin C: 3.69mg (4.47%), Vitamin B12: 0.24µg (3.95%), Vitamin B6: 0.08mg (3.82%)