



No Bake Pumpkin Pie I

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

925 kcal

Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 2 eggs beaten
- ☐ 0.3 ounce gelatin powder unflavored
- ☐ 9 inch graham cracker crust prepared
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 14 ounce condensed milk sweetened canned

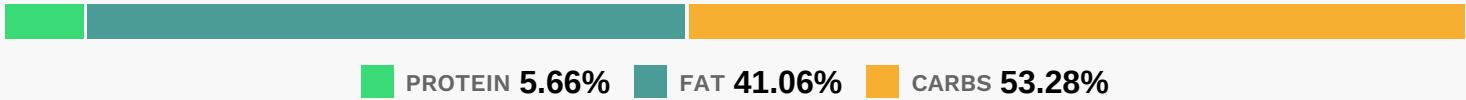
Equipment

- ☐ sauce pan

Directions

- ☐ In a heavy saucepan combine gelatin, cinnamon, ginger, nutmeg, and salt. Stir in condensed milk and beaten eggs, mixing well.
- ☐ Let stand one minute, then place on burner over low heat, stirring constantly for about 10 minutes, or until gelatin dissolves and mixture thickens.
- ☐ Remove from heat.
- ☐ Stir in pumpkin, mixing thoroughly, and pour mixture into graham cracker crust. Chill for at least 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:13.6, Glycemic Load:13.19, Inflammation Score:-10, Nutrition Score:24.904782647672%

Nutrients (% of daily need)

Calories: 924.7kcal (46.24%), Fat: 42.4g (65.23%), Saturated Fat: 10.2g (63.73%), Carbohydrates: 123.76g (41.25%), Net Carbohydrates: 119.47g (43.45%), Sugar: 50.76g (56.4%), Cholesterol: 46.23mg (15.41%), Sodium: 903.38mg (39.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.15g (26.3%), Vitamin A: 6773.8IU (135.48%), Manganese: 2.11mg (105.47%), Vitamin K: 40.49µg (38.56%), Vitamin B2: 0.56mg (32.71%), Phosphorus: 312.52mg (31.25%), Folate: 113.37µg (28.34%), Iron: 4.85mg (26.93%), Vitamin B3: 5.19mg (25.93%), Vitamin E: 3.44mg (22.95%), Vitamin B1: 0.33mg (22.11%), Copper: 0.42mg (20.83%), Selenium: 13.07µg (18.67%), Calcium: 175.84mg (17.58%), Fiber: 4.28g (17.13%), Zinc: 2.48mg (16.55%), Magnesium: 57.02mg (14.26%), Potassium: 422.55mg (12.07%), Vitamin B6: 0.18mg (8.82%), Vitamin B5: 0.88mg (8.77%), Vitamin B12: 0.25µg (4.22%), Vitamin C: 2.83mg (3.43%), Vitamin D: 0.26µg (1.7%)