



No Bake Turtle Pumpkin Pie

READY IN



80 min.

SERVINGS



8

CALORIES



374 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 2 tablespoons caramel dessert topping
- ☐ 6 ounce graham cracker crust nabisco® such as Honey Maid
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup milk cold
- ☐ 2 tablespoons pecans
- ☐ 0.5 cup pecans chopped
- ☐ 6.8 ounce vanilla pudding mix instant such as Jell-O®

☐ 8 ounce non-dairy whipped topping frozen divided cool whip® such as

Equipment

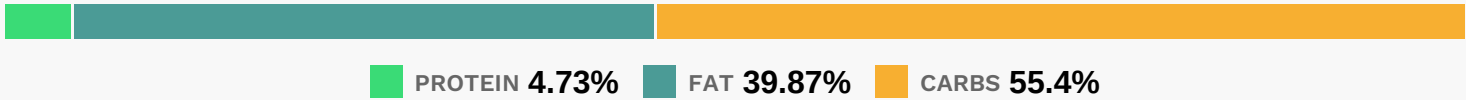
☐ bowl

☐ whisk

Directions

- ☐ Pour 1/2 cup caramel topping into bottom of graham cracker crust.
- ☐ Sprinkle 1/2 cup chopped pecans over caramel layer.
- ☐ Whisk pumpkin puree, cold milk, pudding mixes, cinnamon, and nutmeg together in a bowl until smooth; stir in 1 1/2 cups whipped topping.
- ☐ Spread pumpkin mixture over caramel and pecans in pie crust; top with remaining whipped topping. Refrigerate pie until chilled and set, about 1 hour.
- ☐ Sprinkle 2 tablespoons pecans over pie.
- ☐ Drizzle 2 tablespoons caramel topping over pie using a fork.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:0.61, Inflammation Score:-10, Nutrition Score:12.660869650219%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 374.15kcal (18.71%), Fat: 16.96g (26.09%), Saturated Fat: 5.54g (34.64%), Carbohydrates: 53.03g (17.67%), Net Carbohydrates: 49.88g (18.14%), Sugar: 36.14g (40.15%), Cholesterol: 4.23mg (1.41%), Sodium: 304.92mg (13.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.05%), Vitamin A: 8353.75IU (167.08%), Manganese: 0.82mg (41.24%), Vitamin K: 14.54µg (13.85%), Fiber: 3.14g (12.57%), Phosphorus: 123.92mg (12.39%),

Copper: 0.23mg (11.32%), Vitamin B2: 0.16mg (9.24%), Vitamin B1: 0.14mg (9.11%), Calcium: 90.54mg (9.05%), Iron: 1.6mg (8.89%), Magnesium: 34.66mg (8.66%), Vitamin E: 1.25mg (8.35%), Potassium: 255.72mg (7.31%), Zinc: 0.94mg (6.29%), Folate: 23.31µg (5.83%), Vitamin B3: 1.05mg (5.27%), Vitamin B5: 0.45mg (4.53%), Vitamin B6: 0.09mg (4.52%), Vitamin B12: 0.23µg (3.84%), Selenium: 2.67µg (3.82%), Vitamin C: 2.37mg (2.88%), Vitamin D: 0.34µg (2.24%)