



No-Cook Pumpkin Chocolate Icebox Cake

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



421 kcal

DESSERT

Ingredients

- 15 oz pumpkin canned
- 24 oz cream cheese at room temperature
- 0.5 cup brown sugar dark packed
- 28 chocolate graham cracker sheets (12 oz. total)
- 0.5 cup granulated sugar
- 2 tablespoons half-and-half
- 0.8 teaspoon pumpkin pie spice
- 0.1 teaspoon salt

1 teaspoon vanilla extract

Equipment

bowl

frying pan

blender

offset spatula

Directions

Beat cream cheese and sugars in a bowl with a mixer on medium speed until smooth. Then beat in pumpkin, half-and-half, salt, pumpkin pie spice, and vanilla until smooth and fluffy.

Lay enough graham crackers in a 9- by 9-in. pan to cover bottom (cut to fit if necessary).

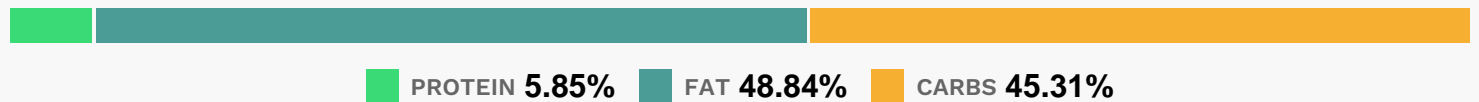
Spread a quarter of pumpkin mixture over crackers with an offset spatula.

Layer 3 more times, ending with pumpkin mixture.

Cover; chill overnight. Set leaf cutouts (trace them on paper) on top and dust with cocoa, then remove.

Cut cake into squares.

Nutrition Facts



Properties

Glycemic Index:14.26, Glycemic Load:24.26, Inflammation Score:-10, Nutrition Score:10.430434750474%

Nutrients (% of daily need)

Calories: 420.58kcal (21.03%), Fat: 23.2g (35.69%), Saturated Fat: 12.2g (76.24%), Carbohydrates: 48.42g (16.14%), Net Carbohydrates: 46.26g (16.82%), Sugar: 28.18g (31.31%), Cholesterol: 58.14mg (19.38%), Sodium: 423.57mg (18.42%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 6.26g (12.51%), Vitamin A: 6285.69IU (125.71%), Phosphorus: 141.97mg (14.2%), Vitamin B2: 0.23mg (13.82%), Iron: 2mg (11.11%), Calcium: 101.29mg (10.13%), Fiber: 2.16g (8.63%), Magnesium: 33.81mg (8.45%), Selenium: 5.27µg (7.53%), Vitamin B3: 1.43mg (7.17%), Zinc: 0.99mg (6.63%), Vitamin K: 6.93µg (6.6%), Vitamin B1: 0.1mg (6.47%), Potassium: 222.65mg (6.36%), Folate: 24.58µg (6.14%), Vitamin E: 0.87mg (5.81%), Vitamin B5: 0.48mg (4.84%), Vitamin B6: 0.09mg (4.49%), Manganese: 0.09mg (4.29%), Copper: 0.06mg (3.2%), Vitamin B12: 0.13µg (2.16%), Vitamin C: 1.54mg (1.87%)