



## Praline Pumpkin Pie

READY IN



260 min.

SERVINGS



20

CALORIES



178 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup butter
- 16 oz pumpkin canned
- 6 oz ready-to-use graham cracker crumb crust
- 6.8 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 0.5 cup planters pecans chopped
- 1.3 tsp pumpkin pie spice
- 8 oz cool whip whipped topping divided thawed

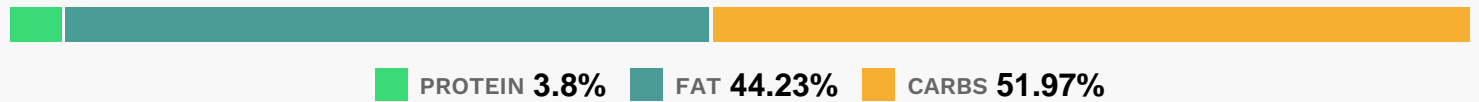
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Melt butter in small saucepan on medium heat.
- Add nuts and sugar; mix well. Bring to boil. Cook 30 sec., stirring constantly.
- Spread onto bottom of crust. Cool.
- Beat pudding mixes, spice, milk and pumpkin in large bowl with whisk 2 min. Gently stir in 1-1/2 cups COOL WHIP.
- Spread over nut layer.
- Refrigerate 4 hours or until set. Top with remaining COOL WHIP just before serving.

## Nutrition Facts



## Properties

Glycemic Index:2.4, Glycemic Load:0.23, Inflammation Score:-9, Nutrition Score:6.373913101528%

## Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

## Nutrients (% of daily need)

Calories: 178.17kcal (8.91%), Fat: 8.93g (13.74%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 22.48g (8.17%), Sugar: 16.86g (18.73%), Cholesterol: 1.69mg (0.56%), Sodium: 151.96mg (6.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.45%), Vitamin A: 3694.86IU (73.9%), Manganese: 0.28mg (13.75%), Vitamin K: 6µg (5.71%), Phosphorus: 46.79mg (4.68%), Fiber: 1.13g (4.52%), Vitamin E: 0.61mg

(4.1%), Copper: 0.08mg (3.92%), Calcium: 38.54mg (3.85%), Vitamin B2: 0.06mg (3.73%), Iron: 0.67mg (3.69%), Magnesium: 13.01mg (3.25%), Vitamin B1: 0.05mg (3.14%), Potassium: 105.33mg (3.01%), Folate: 9.23µg (2.31%), Zinc: 0.32mg (2.16%), Vitamin B3: 0.42mg (2.09%), Vitamin B6: 0.04mg (1.82%), Vitamin B5: 0.18mg (1.81%), Vitamin B12: 0.09µg (1.54%), Selenium: 1.05µg (1.5%), Vitamin C: 1.01mg (1.23%)