



Pumpkin Caramel Ice Cream Pie

READY IN



105 min.

SERVINGS



12

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 cup pumpkin puree homemade canned
- ☐ 1.3 cups graham cracker crumbs
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 1.5 cups sugar
- ☐ 28 oz whipped cream
- ☐ 0.8 cup whipping cream

Equipment

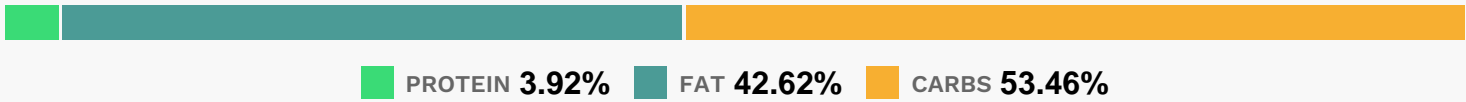
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ stand mixer
- ☐ pie form

Directions

- ☐ Preheat oven to 35
- ☐ Mix 1 1/2 cups sugar and 1 cup water in a medium saucepan. Cook without stirring over high heat until sugar turns medium brown, 15 to 20 minutes, swirling pan at end to help brown evenly.
- ☐ Remove from heat and carefully whisk in cream (it will splatter).
- ☐ Pour into a heat-proof bowl; set aside.
- ☐ Meanwhile, grease a 10-in. metal pie pan. In a medium bowl, mix crumbs, remaining 2 tbsp. sugar, and the butter with a fork until combined. Press over bottom and up sides of pie pan.
- ☐ Bake until golden brown, about 5 minutes.
- ☐ Pour half of caramel into pie pan, tilting pan so it spreads evenly over crust. Put in freezer to chill 20 minutes. Set aside remaining caramel to use when serving.
- ☐ Soften ice cream at room temperature 10 minutes. Empty 1 carton into bowl of a stand mixer. Beat until smooth (like soft-serve), about 20 seconds. Quickly spread over caramel layer. Return to freezer, making sure it sits level.
- ☐ Beat second carton of ice cream the same way.
- ☐ Add pumpkin pure and spices; blend just until combined. Spoon pumpkin ice cream over vanilla ice cream. Freeze until firm, 4 to 6 hours.
- ☐ Let soften in refrigerator about 15 minutes. Use a warm knife to cut slices. Rewarm caramel to drizzle over top and sprinkle with pumpkin seeds if using.

Make ahead: Up to 1 week, covered in freezer.

Nutrition Facts



Properties

Glycemic Index:28.76, Glycemic Load:31.42, Inflammation Score:-9, Nutrition Score:7.7830436177876%

Nutrients (% of daily need)

Calories: 362.44kcal (18.12%), Fat: 17.51g (26.95%), Saturated Fat: 10.52g (65.76%), Carbohydrates: 49.44g (16.48%), Net Carbohydrates: 47.98g (17.45%), Sugar: 42.11g (46.79%), Cholesterol: 56.08mg (18.69%), Sodium: 146.33mg (6.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Vitamin A: 3793.54IU (75.87%), Vitamin B2: 0.23mg (13.25%), Calcium: 110.12mg (11.01%), Phosphorus: 104.28mg (10.43%), Potassium: 206.25mg (5.89%), Fiber: 1.46g (5.84%), Magnesium: 20.49mg (5.12%), Vitamin B5: 0.51mg (5.1%), Vitamin B12: 0.29µg (4.83%), Zinc: 0.71mg (4.72%), Vitamin E: 0.67mg (4.44%), Iron: 0.75mg (4.17%), Vitamin K: 4.32µg (4.12%), Vitamin B1: 0.06mg (3.69%), Manganese: 0.07mg (3.42%), Vitamin B6: 0.06mg (2.89%), Selenium: 1.92µg (2.75%), Folate: 10.58µg (2.64%), Vitamin B3: 0.5mg (2.49%), Vitamin D: 0.37µg (2.47%), Copper: 0.04mg (2.21%), Vitamin C: 1.37mg (1.66%)