



Pumpkin Chiffon Pie

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



332 kcal

Ingredients

- 8 servings cinnamon
- 19-inch deep-dish pie crust frozen ()
- 32 jumbo marshmallows
- 0.5 teaspoon pumpkin pie spice
- 1 cup pumpkin puree
- 0.3 teaspoon salt
- 12 ounce non-dairy whipped topping

Equipment

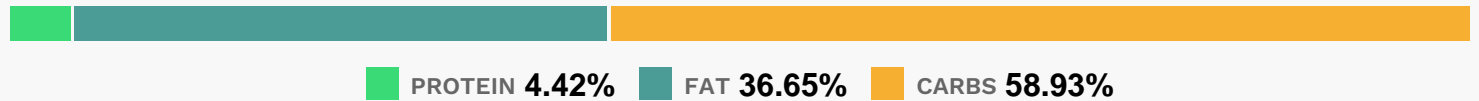
- frying pan

- oven
- double boiler
- spatula

Directions

- Bake the pie crust according to the package directions and allow it to cool.
- In the top of a double boiler over low heat, combine the marshmallows and the pumpkin puree. , Stir constantly, with a heatproof spatula, until the marshmallows are melted. Take the pan off the heat and stir in the spice and salt.
- When the mixture is completely cool, stir in half of the whipped topping.
- Pour the filling into the prepared pie crust. Top with the remaining whipped topping and garnish with cinnamon.

Nutrition Facts



Properties

Glycemic Index:8.19, Glycemic Load:13.78, Inflammation Score:-10, Nutrition Score:9.5500000767086%

Nutrients (% of daily need)

Calories: 332.28kcal (16.61%), Fat: 13.87g (21.34%), Saturated Fat: 7.18g (44.86%), Carbohydrates: 50.19g (16.73%), Net Carbohydrates: 47.8g (17.38%), Sugar: 27.23g (30.25%), Cholesterol: 0.85mg (0.28%), Sodium: 227.21mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.53%), Vitamin A: 4803.86IU (96.08%), Manganese: 0.55mg (27.58%), Vitamin K: 11.16µg (10.63%), Fiber: 2.39g (9.57%), Iron: 1.36mg (7.57%), Folate: 27.13µg (6.78%), Calcium: 65.58mg (6.56%), Phosphorus: 65.06mg (6.51%), Vitamin E: 0.94mg (6.24%), Vitamin B2: 0.1mg (5.68%), Vitamin B1: 0.08mg (5.39%), Copper: 0.09mg (4.7%), Vitamin B3: 0.91mg (4.56%), Selenium: 2.96µg (4.23%), Potassium: 142.61mg (4.07%), Magnesium: 16.19mg (4.05%), Vitamin B5: 0.23mg (2.33%), Vitamin B6: 0.04mg (2.17%), Zinc: 0.28mg (1.84%), Vitamin C: 1.39mg (1.69%), Vitamin B12: 0.09µg (1.42%)