

DAIRY FREE

Pumpkin Chiffon Pie

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
20 min	10 min	10 min	8	\$1.13	332 kcal



The recipe Pumpkin Chiffon Pie can be made in around 20 minutes. This recipe makes 8 servings with 332 calories, 4g of protein, and 14g of fat each. For \$1.13 per serving, this recipe covers 9% of your daily requirements of vitamins and minerals. It is brought to you by Foodnetwork.

Ingredients

- ☐ 8 servings Cinnamon, garnish
- ☐ 32 jumbo marshmallows
- ☐ 1 cup pumpkin puree
- ☐ 12 ounce whipped topping
- ☐ 1 9-inch (9-inch) frozen deep-dish pie crust
- ☐ ½ teaspoon pumpkin pie spice
- ☐ ¼ teaspoon salt

EQUIPMENT Frying pan, Oven, Double boiler, Spatula

Method

- 1 Bake the pie crust according to the package directions and allow it to cool.
- 2 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.
- 3 When the mixture is completely cool, stir in half of the whipped topping.
- 4 Pour the filling into the prepared pie crust. Top with the remaining whipped topping and garnish with cinnamon.

Nutrition per serving

	332 KCAL	4 g PROTEIN	14 g FAT	50 g CARBS
Saturated Fat				7.2 g · 45% of daily needs
Fibre				2.4 g · 10% of daily needs
Sugar				27.2 g · 30% of daily needs
Sodium				227 mg · 10% of daily needs
Cholesterol				0.9 mg · 0% of daily needs
Vitamin C				1.4 mg · 2% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/pumpkin-chiffon-pie-148092