



Pumpkin Chiffon Pie IV

READY IN



120 min.

SERVINGS



8

CALORIES



1056 kcal

Ingredients

- ☐ 9 inch graham cracker crust prepared
- ☐ 1 ounce vanilla pudding mix sugar-free instant
- ☐ 1 cup nonfat evaporated milk
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 1 cup pumpkin puree
- ☐ 1.5 cups lite whipped topping frozen thawed

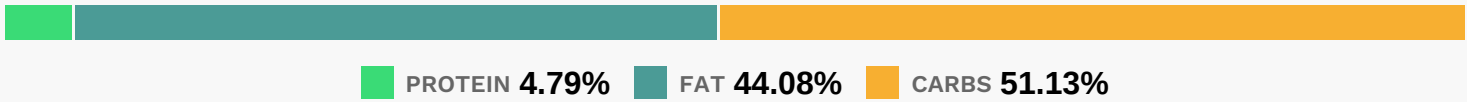
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, combine pumpkin puree, pudding mix, pumpkin pie spice and evaporated milk.
- ☐ Mix well. Fold in 1 cup of the whipped topping.
- ☐ Pour filling into pie shell. Chill for 2 hours, or until set.
- ☐ Spread remaining 1/2 cup whipped topping over filling.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:25.255217477679%

Nutrients (% of daily need)

Calories: 1055.68kcal (52.78%), Fat: 51.76g (79.62%), Saturated Fat: 12.65g (79.07%), Carbohydrates: 135.06g (45.02%), Net Carbohydrates: 130.52g (47.46%), Sugar: 42.12g (46.8%), Cholesterol: 9.42mg (3.14%), Sodium: 1097.77mg (47.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.33%), Manganese: 2.53mg (126.44%), Vitamin A: 4854.1IU (97.08%), Vitamin K: 47.27µg (45.02%), Folate: 130.96µg (32.74%), Vitamin B3: 6.35mg (31.74%), Vitamin B2: 0.54mg (31.55%), Phosphorus: 308.98mg (30.9%), Iron: 5.5mg (30.54%), Vitamin E: 3.99mg (26.57%), Vitamin B1: 0.38mg (25.14%), Copper: 0.47mg (23.32%), Fiber: 4.54g (18.16%), Zinc: 2.7mg (18.02%), Calcium: 156.48mg (15.65%), Magnesium: 59.75mg (14.94%), Potassium: 389.68mg (11.13%), Vitamin B6: 0.18mg (9.08%), Selenium: 6.17µg (8.81%), Vitamin B5: 0.66mg (6.64%), Vitamin C: 1.91mg (2.32%), Vitamin B12: 0.08µg (1.31%)