



Pumpkin Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



277 kcal

Ingredients

- ☐ 1 cup pumpkin canned
- ☐ 7 ounce vanilla pudding mix instant
- ☐ 2 cups milk cold
- ☐ 1 9-inch pie crust
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 1 cup non-dairy whipped topping frozen thawed

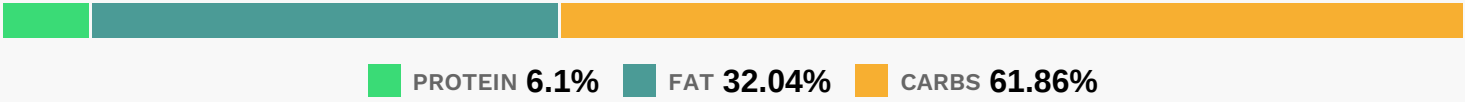
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Combine milk, pie filling mix, pumpkin, spices, and whipped topping in a deep, narrow-bottom bowl. Beat at lowest speed of an electric mixer for about 1 minute.
- ☐ Pour filling into cooled pie shell.
- ☐ Chill until set, about 3 hours.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:9.4621739128362%

Nutrients (% of daily need)

Calories: 277.13kcal (13.86%), Fat: 9.91g (15.25%), Saturated Fat: 4.32g (26.98%), Carbohydrates: 43.06g (14.35%), Net Carbohydrates: 41.36g (15.04%), Sugar: 25.86g (28.73%), Cholesterol: 7.51mg (2.5%), Sodium: 291.36mg (12.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Vitamin A: 4872.83IU (97.46%), Manganese: 0.2mg (10.01%), Phosphorus: 98.06mg (9.81%), Calcium: 97.34mg (9.73%), Vitamin B2: 0.16mg (9.13%), Vitamin B1: 0.11mg (7.5%), Vitamin K: 7.28µg (6.93%), Fiber: 1.7g (6.8%), Iron: 1.15mg (6.41%), Vitamin B12: 0.35µg (5.8%), Potassium: 194.92mg (5.57%), Folate: 21.52µg (5.38%), Magnesium: 19.11mg (4.78%), Selenium: 3.18µg (4.54%), Vitamin B5: 0.45mg (4.51%), Vitamin D: 0.67µg (4.47%), Vitamin B3: 0.87mg (4.33%), Vitamin B6: 0.07mg (3.49%), Vitamin E: 0.52mg (3.48%), Copper: 0.06mg (2.97%), Zinc: 0.43mg (2.9%), Vitamin C: 1.34mg (1.63%)