



Pumpkin Ice Cream Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



690 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup pumpkin canned
- ☐ 1.5 cups graham cracker crumbs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon orange juice

- ☐ 0.5 gallon whipped cream softened
- ☐ 3 tablespoons sugar white

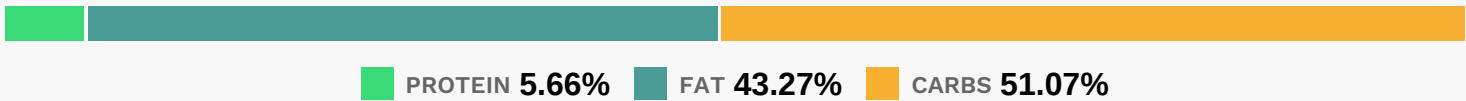
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ To prepare crust, combine crumbs, sugar and margarine in a mixing bowl. Press mixture firmly into prepared pan.
- ☐ Chill 1 hour or until firm. Or bake in a 375 degree F (190 degrees C) oven for 10 minutes or until edges are brown. Cool on rack before filling.
- ☐ To prepare filling, combine ice cream, pumpkin, brown sugar, ginger, cinnamon, nutmeg, and orange juice, and pour into crust. Freeze until ready to serve.

Nutrition Facts



Properties

Glycemic Index:41.51, Glycemic Load:44.81, Inflammation Score:-10, Nutrition Score:15.919565283734%

Flavonoids

Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 690.27kcal (34.51%), Fat: 33.47g (51.5%), Saturated Fat: 17.58g (109.87%), Carbohydrates: 88.91g (29.64%), Net Carbohydrates: 85.7g (31.16%), Sugar: 72.84g (80.94%), Cholesterol: 104.1mg (34.7%), Sodium: 365.5mg (15.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.7%), Vitamin A: 6020.77IU (120.42%), Vitamin B2: 0.63mg (36.87%), Calcium: 338.82mg (33.88%), Phosphorus: 294.26mg (29.43%), Potassium: 591.66mg (16.9%), Vitamin B12: 0.93µg (15.5%), Vitamin B5: 1.53mg (15.27%), Zinc: 2.01mg (13.4%), Magnesium: 51.98mg (13%), Fiber: 3.21g (12.85%), Vitamin B1: 0.14mg (9.56%), Manganese: 0.18mg (9.13%), Vitamin

E: 1.26mg (8.39%), Iron: 1.46mg (8.09%), Vitamin B6: 0.16mg (7.78%), Selenium: 4.72µg (6.74%), Folate: 23.73µg (5.93%), Vitamin K: 5.65µg (5.38%), Vitamin B3: 1.03mg (5.17%), Copper: 0.1mg (5.13%), Vitamin C: 3.79mg (4.6%), Vitamin D: 0.47µg (3.15%)