



Pumpkin Ice Cream Pie

READY IN



250 min.

SERVINGS



8

CALORIES



482 kcal

DESSERT

Ingredients

- ☐ 3.5 tablespoons tightly brown sugar packed
- ☐ 8 servings caramel sundae sauce for garnish
- ☐ 0.3 teaspoon cinnamon
- ☐ 1.5 cups graham cracker crumbs (from 1 sleeve)
- ☐ 5 tablespoons granulated sugar
- ☐ 0.7 cup pumpkin
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 1 pinch salt
- ☐ 6.5 tablespoons butter unsalted melted

- ☐ 4 cups whipped cream
- ☐ 3 cups non-dairy whipped topping sweetened

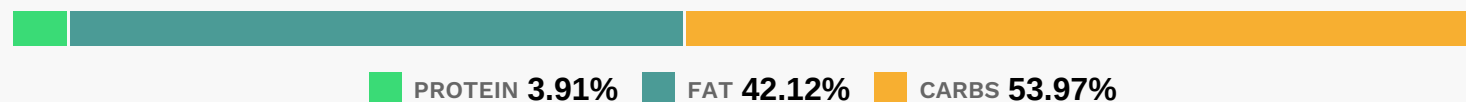
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F. In a food processor, process graham crackers to make 1 1/2 cups.
- ☐ Add sugar, salt and melted butter and pulse until mixed. Press into bottom and up sides of a 9 inch glass pie dish. Set on a cookie sheet and bake for 7 minutes.
- ☐ Let cool completely. To make the filling, allow the ice cream to soften at room temperature. While it's softening, combine the pumpkin, brown sugar and spices in a small saucepan.
- ☐ Heat over medium just until mixture gets very hot (the point is to dissolve the brown sugar somewhat).
- ☐ Let cool to room temperature. In a large bowl, stir together the softened ice cream and the pumpkin mixture.
- ☐ Transfer to the cooled graham crust and put in the freezer for 3 hours or until solid.
- ☐ Spread sweetened whipped cream over top and return to freezer for another hour or long enough to freeze the whipped cream. Before serving, allow pie to sit at room temperature for about 10 to 15 minutes to soften. I like to set it on a dishtowel soaked with hot water to help loosen the crust from the pie dish. While pie sits, drizzle with caramel sauce.

Nutrition Facts



Properties

Glycemic Index:42.14, Glycemic Load:24.9, Inflammation Score:-7, Nutrition Score:6.6421739070312%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

Nutrients (% of daily need)

Calories: 481.53kcal (24.08%), Fat: 23.13g (35.58%), Saturated Fat: 13.7g (85.65%), Carbohydrates: 66.67g (22.22%), Net Carbohydrates: 65.55g (23.84%), Sugar: 55.09g (61.21%), Cholesterol: 70.6mg (23.53%), Sodium: 302.67mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin A: 1576.01IU (31.52%), Calcium: 150.77mg (15.08%), Phosphorus: 144.27mg (14.43%), Vitamin B2: 0.23mg (13.36%), Potassium: 263.35mg (7.52%), Vitamin B12: 0.41µg (6.9%), Magnesium: 25.25mg (6.31%), Zinc: 0.89mg (5.97%), Vitamin B5: 0.56mg (5.64%), Vitamin B1: 0.08mg (5.14%), Iron: 0.9mg (4.98%), Vitamin E: 0.73mg (4.9%), Manganese: 0.09mg (4.61%), Fiber: 1.12g (4.46%), Vitamin B3: 0.76mg (3.81%), Folate: 14.02µg (3.51%), Vitamin B6: 0.07mg (3.31%), Selenium: 2.3µg (3.28%), Vitamin D: 0.39µg (2.62%), Copper: 0.04mg (2.03%), Vitamin C: 1.53mg (1.85%), Vitamin K: 1.62µg (1.54%)