



Pumpkin Ice Cream Torte

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



297 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup caramel topping jarred
- ☐ 0.8 cup graham cracker crumbs
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.1 teaspoon ground ginger

- ☐ 9 cups whipped cream low-fat divided ()
- ☐ 0.3 cup pecans divided toasted finely chopped
- ☐ 2 tablespoons pecans finely chopped
- ☐ 1 cup pumpkin unsweetened canned

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ microwave
- ☐ springform pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients (mixture will be crumbly). Firmly press crumb mixture into bottom of a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 350 for 10 minutes; cool on a wire rack.
- ☐ Combine pumpkin and the next 4 ingredients (through cloves) in a bowl. Soften 6 cups ice cream; add to pumpkin mixture, stirring to blend. Spoon half of mixture into prepared pan. Cover with plastic wrap; freeze 1 hour or until firm. Cover and freeze remaining pumpkin ice cream.
- ☐ Soften remaining 3 cups vanilla ice cream; stir in 3 tablespoons pecans.
- ☐ Spread over pumpkin ice cream layer; freeze 1 hour or until firm. Soften remaining 3 cups pumpkin ice cream; spread over vanilla ice cream mixture. Cover; freeze 8 hours or until firm.
- ☐ Cut torte into 12 wedges.
- ☐ Place 1 wedge on each of 12 plates.
- ☐ Place topping in microwave-safe bowl; microwave at HIGH 45 seconds. Top each serving with 1 tablespoon topping; sprinkle with 1/4 teaspoon pecans.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:14.84, Inflammation Score:-9, Nutrition Score:9.9556522887686%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 296.87kcal (14.84%), Fat: 10.83g (16.66%), Saturated Fat: 4.9g (30.62%), Carbohydrates: 44.7g (14.9%), Net Carbohydrates: 43.09g (15.67%), Sugar: 31.86g (35.4%), Cholesterol: 35.8mg (11.93%), Sodium: 151.74mg (6.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.5g (12.99%), Vitamin A: 3753.9IU (75.08%), Calcium: 202.66mg (20.27%), Vitamin B2: 0.32mg (18.85%), Phosphorus: 148.81mg (14.88%), Manganese: 0.27mg (13.4%), Vitamin B12: 0.55µg (9.14%), Potassium: 313.02mg (8.94%), Zinc: 1.15mg (7.7%), Magnesium: 29.29mg (7.32%), Vitamin B1: 0.1mg (6.9%), Vitamin B5: 0.68mg (6.77%), Fiber: 1.61g (6.43%), Iron: 0.86mg (4.77%), Copper: 0.09mg (4.61%), Vitamin K: 4.11µg (3.91%), Vitamin B6: 0.08mg (3.89%), Selenium: 2.64µg (3.77%), Folate: 12.8µg (3.2%), Vitamin E: 0.47mg (3.14%), Vitamin C: 2.33mg (2.83%), Vitamin B3: 0.48mg (2.42%)