



Pumpkin Mallow Pie

READY IN



300 min.

SERVINGS



8

CALORIES



424 kcal

DESSERT

Ingredients

- 3 Tbsp butter melted
- 1 cup pumpkin canned
- 6.8 oz jell-o vanilla flavor pudding instant
- 4 cups marshmallows jet-puffed miniature
- 1.3 cups milk cold divided
- 1 tsp pumpkin pie spice
- 2 Tbsp sugar
- 40 vanilla wafers divided
- 1.5 cups cool whip whipped topping thawed

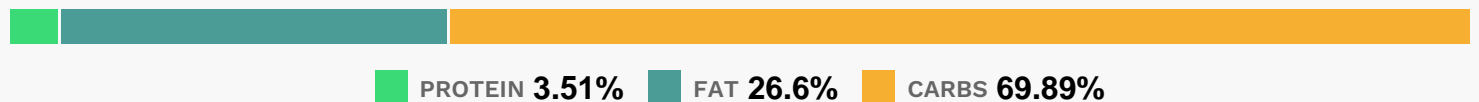
Equipment

- bowl
- whisk
- microwave

Directions

- Reserve 16 wafers. Finely crush remaining wafers; place in medium bowl.
- Add sugar and butter; mix well. Press firmly onto bottom of 9-inch pie plate. Stand reserved wafers around edge of pie plate; set aside.
- Beat pudding mixes and 1 cup milk in large bowl with whisk 2 min.
- Add pumpkin and pumpkin pie spice; mix well. (
- Mixture will be thick.)
- Spread onto bottom of crust. Microwave marshmallows and remaining milk in large microwaveable bowl on HIGH 1-1/2 min. or until marshmallows are completely melted, stirring after 1 min. Stir until mixture is blended. Refrigerate 15 min. or until completely cooled. Gently stir in COOL WHIP; spread over pumpkin layer in crust.
- Refrigerate 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:30.7, Glycemic Load:31.62, Inflammation Score:-10, Nutrition Score:8.6365217125934%

Nutrients (% of daily need)

Calories: 424.24kcal (21.21%), Fat: 12.78g (19.66%), Saturated Fat: 4.98g (31.12%), Carbohydrates: 75.54g (25.18%), Net Carbohydrates: 74.04g (26.92%), Sugar: 52.17g (57.97%), Cholesterol: 5.16mg (1.72%), Sodium: 369.41mg (16.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin A: 5026.69IU (100.53%), Vitamin B1: 0.16mg (10.57%), Vitamin B2: 0.16mg (9.23%), Folate: 30.85µg (7.71%), Phosphorus: 76.17mg (7.62%), Calcium: 69.85mg (6.98%), Fiber: 1.51g (6.04%), Vitamin K: 5.52µg (5.26%), Vitamin B3: 0.97mg (4.86%), Potassium: 169.42mg (4.84%), Manganese: 0.08mg (4.24%), Vitamin B12: 0.24µg (3.99%), Vitamin E: 0.58mg (3.87%), Magnesium: 13.55mg (3.39%), Copper: 0.07mg (3.26%), Iron: 0.56mg (3.11%), Vitamin D: 0.42µg (2.8%), Vitamin B5:

0.27mg (2.7%), Selenium: 1.86µg (2.66%), Vitamin B6: 0.05mg (2.26%), Vitamin C: 1.35mg (1.63%), Zinc: 0.24mg (1.62%)