



Pumpkin Pecan No-Bake Cheesecake Pie

 Popular

READY IN



260 min.

SERVINGS



8

CALORIES



1212 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin pure canned (such as Libby's®)
- ☐ 9 inch graham cracker crust prepared
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 16 ounce cream cheese softened reduced-fat
- ☐ 0.5 cup pecans divided chopped

- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

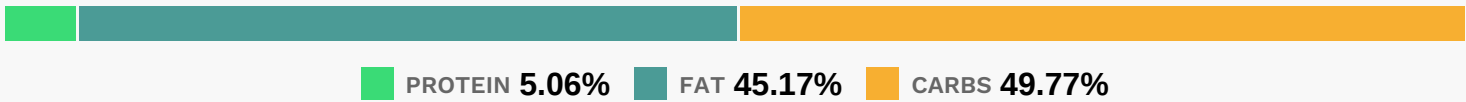
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Beat cream cheese and sugar together in a large bowl until creamy and smooth.
- ☐ Mix pumpkin, cinnamon, nutmeg, ginger, cloves, and vanilla extract into cream cheese mixture, scraping down the sides of the bowl, until mixture is smooth.
- ☐ Fold 1/3 cup pecans into the pumpkin mixture; spread into the graham cracker crust.
- ☐ Sprinkle remaining pecans over pumpkin mixture. Cover pie with plastic wrap.
- ☐ Refrigerate until set, 4 hours.
- ☐ Cut pie into 8 slices and top each slice with about 1 tablespoon whipped topping.

Nutrition Facts



Properties

Glycemic Index:19.39, Glycemic Load:13.15, Inflammation Score:-10, Nutrition Score:27.999999974085%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 1212.05kcal (60.6%), Fat: 61.28g (94.28%), Saturated Fat: 15.26g (95.37%), Carbohydrates: 151.93g (50.64%), Net Carbohydrates: 145.9g (53.06%), Sugar: 58.73g (65.26%), Cholesterol: 30.62mg (10.21%), Sodium: 1107.46mg (48.15%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 15.45g (30.89%), Vitamin A: 8592.28IU (171.85%), Manganese: 2.98mg (149.06%), Vitamin K: 51.23µg (48.79%), Folate: 143.1µg (35.78%),

Phosphorus: 348.14mg (34.81%), Iron: 6.05mg (33.59%), Vitamin B3: 6.52mg (32.61%), Vitamin B2: 0.55mg (32.6%), Copper: 0.59mg (29.39%), Vitamin E: 4.36mg (29.08%), Vitamin B1: 0.43mg (28.86%), Fiber: 6.03g (24.11%), Zinc: 3.13mg (20.85%), Magnesium: 69.83mg (17.46%), Calcium: 161.45mg (16.15%), Potassium: 498.14mg (14.23%), Selenium: 7.91µg (11.3%), Vitamin B5: 1.09mg (10.93%), Vitamin B6: 0.22mg (10.83%), Vitamin B12: 0.52µg (8.69%), Vitamin C: 2.32mg (2.81%), Vitamin D: 0.17µg (1.13%)