



Pumpkin Pie

READY IN



45 min.

SERVINGS



20

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 3 egg yolk
- ☐ 1 small can evaporated milk
- ☐ 1 envelope gelatin powder unflavored
- ☐ 1 container cool whip
- ☐ 2 pie crust dough
- ☐ 30 oz pumpkin pie filling/mix (NOT solid pumpkin)
- ☐ 2 T sugar
- ☐ 0.5 tsp vanilla
- ☐ 1 cup walnuts

☐ 0.3 cup water cold

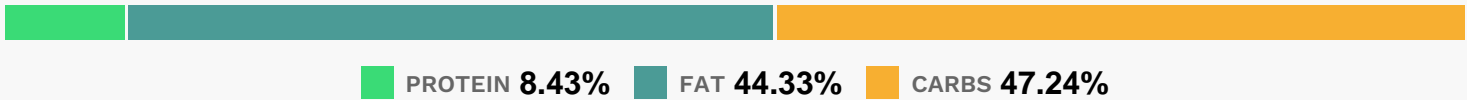
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ spatula

Directions

- ☐ Chop walnuts fine.
- ☐ Bake pie shells and cool.(I use the Pillsbury Refrigerator Pie Crust)Soften gelatin in water in sauce pan.Stir in Pumpkin Pie
- ☐ Mix, 2 egg yolks and milk.
- ☐ Heat until boiling. Stir constantly. Reduce to low heat stirring constantly for another 5 mins.
- ☐ Remove from heat, add vanilla and cool and chill until thick. (I usually do up to this point the night before, and refrigerate the filling and egg whites overnight- but I would think a few hours would be fine if you want to do it the same day)Beat 3 egg whites to soft peaks adding 2 Tablespoons of sugar one at a time until stiff.Fold into pumpkin mix.Fold in 3/4 of your walnuts.1/2 of your pumpkin filling into the 2 pie crusts1/2 of Cool Whip on top of filling in each crust and spread with spatula
- ☐ Remaining 1/2 of pumpkin filling in each crustspread with spatula. Dollop several spoonfuls of remaining Cool Whip on top of each pie, then take a knife and swirl them slightly into the filling.
- ☐ Sprinkle with remaining Walnuts. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:9.8356522425361%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 215.7kcal (10.78%), Fat: 10.92g (16.81%), Saturated Fat: 3.17g (19.8%), Carbohydrates: 26.2g (8.73%), Net Carbohydrates: 21.8g (7.93%), Sugar: 4.96g (5.52%), Cholesterol: 36.1mg (12.03%), Sodium: 187.15mg (8.14%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 4.67g (9.35%), Vitamin A: 3631.02IU (72.62%), Manganese: 0.45mg (22.43%), Fiber: 4.39g (17.57%), Vitamin B2: 0.23mg (13.48%), Phosphorus: 105.9mg (10.59%), Folate: 39.9µg (9.98%), Calcium: 86.89mg (8.69%), Vitamin B5: 0.78mg (7.8%), Copper: 0.15mg (7.5%), Vitamin B6: 0.14mg (6.99%), Vitamin B1: 0.1mg (6.89%), Iron: 1.18mg (6.55%), Magnesium: 24mg (6%), Selenium: 4.13µg (5.9%), Potassium: 169.99mg (4.86%), Vitamin B12: 0.25µg (4.14%), Zinc: 0.61mg (4.04%), Vitamin B3: 0.76mg (3.8%), Vitamin C: 1.9mg (2.3%), Vitamin E: 0.23mg (1.52%), Vitamin K: 1.56µg (1.48%), Vitamin D: 0.16µg (1.09%)