



Pumpkin Pie Ice Cream

READY IN



8 min.

SERVINGS



6

CALORIES



176 kcal

Ingredients

- ☐ 0.3 cup pumpkin puree canned
- ☐ 0.5 cup round buttery crackers
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground ginger
- ☐ 3 cups vanilla ice cream low-fat
- ☐ 6 tablespoons non-dairy whipped topping frozen thawed reduced-calorie

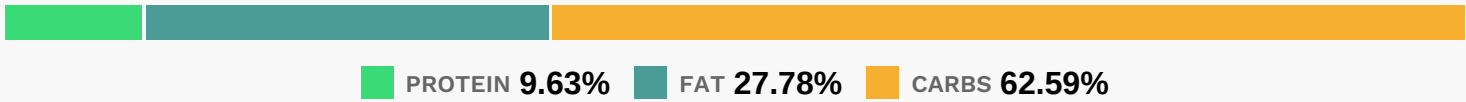
Equipment

- ☐ bowl
- ☐ potato masher

Directions

- ☐ Break animal crackers into pieces.
- ☐ Place crackers and next 4 ingredients (through ginger) in a large bowl; gently mash with a potato masher until just combined. Spoon 1/2 cup ice cream mixture into each of 6 glasses or dessert bowls; top each serving with 1 tablespoon whipped topping.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:7.99, Inflammation Score:-8, Nutrition Score:5.8013043144475%

Nutrients (% of daily need)

Calories: 175.5kcal (8.78%), Fat: 5.45g (8.39%), Saturated Fat: 3.02g (18.9%), Carbohydrates: 27.65g (9.22%), Net Carbohydrates: 26.91g (9.79%), Sugar: 18.61g (20.67%), Cholesterol: 20.61mg (6.87%), Sodium: 104.12mg (4.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Vitamin A: 1933.04IU (38.66%), Calcium: 137.63mg (13.76%), Vitamin B2: 0.22mg (12.75%), Phosphorus: 99.01mg (9.9%), Vitamin B12: 0.37µg (6.1%), Potassium: 190.87mg (5.45%), Manganese: 0.09mg (4.45%), Vitamin K: 4.63µg (4.41%), Vitamin B1: 0.07mg (4.39%), Vitamin B5: 0.43mg (4.26%), Zinc: 0.61mg (4.08%), Magnesium: 14.44mg (3.61%), Iron: 0.54mg (2.98%), Fiber: 0.73g (2.93%), Selenium: 1.93µg (2.75%), Vitamin E: 0.4mg (2.67%), Folate: 9.54µg (2.38%), Vitamin B6: 0.04mg (2.22%), Vitamin B3: 0.4mg (1.98%), Vitamin C: 1.35mg (1.63%), Copper: 0.03mg (1.56%)