



Pumpkin Pie Ice Cream Fantasy

 Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



87 kcal

DESSERT

Ingredients

- ☐ 12 servings caramel topping with smucker's)
- ☐ 1 halves pecan toasted
- ☐ 1 baked pumpkin pie
- ☐ 0.5 gal. premium vanilla ice cream with bluebell)

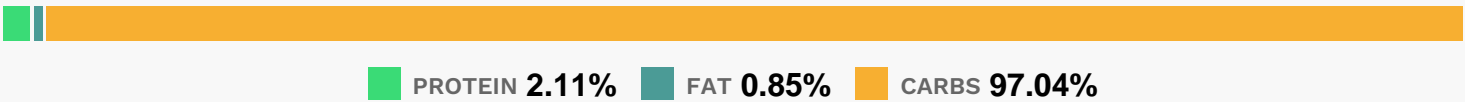
Equipment

- ☐ bowl
- ☐ wire rack

Directions

- ☐ Place pie in freezer for 1 hour; remove pie from freezer, and chop 3/4 of pie into 1" chunks. Allow ice cream to stand about 8 to 10 minutes to slightly soften. "Chunk up" ice cream into a large bowl. Gently fold in pie chunks until blended.
- ☐ To serve, scoop each serving into wine glasses or dessert bowls.
- ☐ Drizzle with caramel topping, and top with pecans.
- ☐ *We tested with a Mrs. Smith's frozen pumpkin pie, baked according to package directions. We let it cool completely on a wire rack, and then froze it briefly for easy chopping. You can use any type of pumpkin pie here--a deli baked pie or, better yet, a homemade pumpkin pie. (In fact, this idea would also work with a baked pecan pie. Just omit the toasted pecan halves.)

Nutrition Facts



Properties

Glycemic Index:5.92, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.4582608718749%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 87.38kcal (4.37%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 22.85g (7.62%), Net Carbohydrates: 22.83g (8.3%), Sugar: 22.81g (25.35%), Cholesterol: 0.02mg (0.01%), Sodium: 136.61mg (5.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (0.99%), Calcium: 19.77mg (1.98%), Phosphorus: 16mg (1.6%), Manganese: 0.03mg (1.28%), Vitamin B12: 0.07µg (1.2%)