



Simple Turtle Pumpkin Pie

READY IN



85 min.

SERVINGS



8

CALORIES



280 kcal

DESSERT

Ingredients

- 6 tablespoons butter melted
- 1 cup pumpkin canned
- 2 tablespoons caramel topping
- 1.3 cups graham cracker crumbs crushed finely
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 8 serving vanilla pudding mix instant
- 1 cup milk cold
- 2 tablespoons pecans

- 8 ounce non-dairy whipped topping divided thawed cool whip® (such as)
- 0.3 cup sugar white

Equipment

- bowl
- oven
- whisk
- mixing bowl
- pie form

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Combine graham cracker crumbs, sugar, and melted butter in a mixing bowl until evenly moistened; press into the bottom and sides of a 9-inch pie pan.
- Bake in the preheated oven until the crust is lightly browned and smells toasted, about 6 minutes.
- Remove from the oven and allow to cool.
- Spread 1/4 cup caramel topping onto the cooled crust.
- Sprinkle 1/2 cup pecan pieces over the caramel topping.
- Whisk milk, pumpkin, pudding mix, cinnamon, and nutmeg together in a bowl until well combined. Stir 1 1/2 cups whipped topping into pumpkin mixture.
- Spread pumpkin mixture into crust.
- Spread remaining whipped topping over the top of the pie. Refrigerate pie until chilled, at least 1 hour.
- Sprinkle 2 tablespoons pecans atop the pie and drizzle with 2 tablespoons caramel using a fork.

Nutrition Facts



PROTEIN 4.88% **FAT 51.63%** **CARBS 43.49%**

Properties

Glycemic Index:39.64, Glycemic Load:12.02, Inflammation Score:-10, Nutrition Score:9.0282608996267%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 280.35kcal (14.02%), Fat: 16.48g (25.35%), Saturated Fat: 9.61g (60.04%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 29.48g (10.72%), Sugar: 22.21g (24.68%), Cholesterol: 26.8mg (8.93%), Sodium: 211.05mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7.01%), Vitamin A: 5105.72IU (102.11%), Manganese: 0.21mg (10.47%), Phosphorus: 100.86mg (10.09%), Calcium: 85.54mg (8.55%), Vitamin B2: 0.12mg (7.29%), Fiber: 1.74g (6.96%), Vitamin K: 6.8µg (6.48%), Magnesium: 24.3mg (6.07%), Iron: 1.09mg (6.06%), Vitamin B1: 0.08mg (5.17%), Vitamin E: 0.77mg (5.12%), Potassium: 178.61mg (5.1%), Vitamin B12: 0.25µg (4.14%), Zinc: 0.59mg (3.94%), Copper: 0.07mg (3.63%), Vitamin B3: 0.71mg (3.54%), Vitamin B6: 0.06mg (3.04%), Folate: 11.64µg (2.91%), Vitamin B5: 0.28mg (2.78%), Selenium: 1.7µg (2.43%), Vitamin D: 0.34µg (2.24%), Vitamin C: 1.35mg (1.64%)