



Triple-Layer Pumpkin Spice Pie

READY IN



80 min.

SERVINGS



20

CALORIES



142 kcal

DESSERT

Ingredients

- 6 oz ready-to-use graham cracker crumb crust
- 0.3 tsp ground cinnamon
- 1 Tbsp honey
- 2 cups milk cold
- 0.5 cup planters pecan halves
- 6.8 oz jell-o pumpkin spice flavor pudding instant
- 8 oz cool whip whipped topping divided thawed

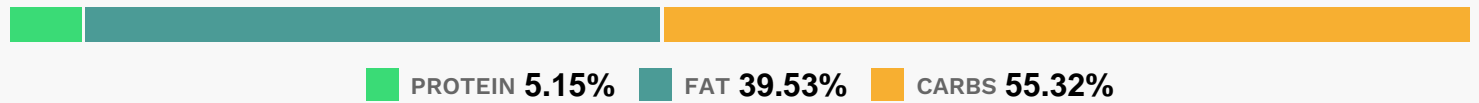
Equipment

- bowl
- frying pan
- whisk

Directions

- Beat dry pudding mixes, cinnamon and milk in medium bowl with whisk 2 min.; spread 1-1/2 cups onto bottom of crust.
- Stir 1-1/2 cups COOL WHIP into remaining pudding; spread over pudding layer in crust. Top with remaining COOL WHIP.
- Refrigerate 1 hour. Meanwhile, cook nuts and honey in skillet on medium-low heat 2 to 4 min. or until nuts are caramelized, stirring frequently.
- Spread onto waxed paper, separating large clusters. Cool.
- Sprinkle nuts over pie just before serving.

Nutrition Facts



Properties

Glycemic Index:5.26, Glycemic Load:0.9, Inflammation Score:-1, Nutrition Score:2.4756521624715%

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: 141.58kcal (7.08%), Fat: 6.16g (9.47%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 18.97g (6.9%), Sugar: 13.29g (14.77%), Cholesterol: 3.15mg (1.05%), Sodium: 57.64mg (2.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.61%), Manganese: 0.23mg (11.42%), Phosphorus: 49.9mg (4.99%), Calcium: 42.65mg (4.27%), Vitamin B2: 0.07mg (3.86%), Vitamin B1: 0.05mg (3.19%), Vitamin B12: 0.15µg (2.57%), Copper: 0.05mg (2.53%), Vitamin K: 2.39µg (2.27%), Zinc: 0.33mg (2.22%), Magnesium: 8.71mg (2.18%), Potassium: 68.5mg (1.96%), Vitamin D: 0.27µg (1.79%), Vitamin E: 0.26mg (1.74%), Vitamin B3: 0.34mg (1.71%), Iron:

0.3mg (1.68%), Fiber: 0.42g (1.67%), Folate: 6.44µg (1.61%), Selenium: 1.06µg (1.51%), Vitamin B6: 0.03mg (1.46%),
Vitamin B5: 0.13mg (1.28%)