



Turtle Pumpkin Pie

READY IN



75 min.

SERVINGS



15

CALORIES



186 kcal

DESSERT

Ingredients

- 1 cup pumpkin canned
- 0.3 cup caramel ice cream topping divided
- 6 oz ready-to-use graham cracker crumb crust
- 1 tsp ground cinnamon
- 0.5 tsp ground nutmeg
- 6.8 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 0.5 cup planters pecans divided chopped
- 8 oz cool whip whipped topping divided thawed

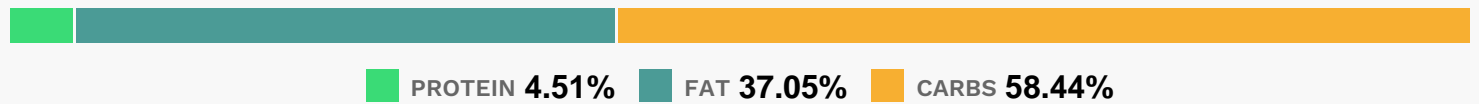
Equipment

- bowl
- whisk

Directions

- Pour 1/4 cup caramel topping onto bottom of pie crust; sprinkle with 1/2 cup nuts.
- Beat next 5 ingredients in large bowl with whisk until blended. Stir in 1-1/2 cups COOL WHIP; spoon into crust.
- Refrigerate 1 hour. Top with remaining COOL WHIP, caramel topping and nuts just before serving.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:0.32, Inflammation Score:-9, Nutrition Score:5.8230434474738%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 186.45kcal (9.32%), Fat: 7.82g (12.02%), Saturated Fat: 2.84g (17.73%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 26.55g (9.65%), Sugar: 19.44g (21.6%), Cholesterol: 2.25mg (0.75%), Sodium: 165.78mg (7.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.29%), Vitamin A: 2585.43IU (51.71%), Manganese: 0.35mg (17.74%), Phosphorus: 57.74mg (5.77%), Vitamin K: 5.79µg (5.51%), Fiber: 1.19g (4.76%), Calcium: 44.95mg (4.49%), Vitamin B2: 0.08mg (4.42%), Copper: 0.09mg (4.4%), Vitamin B1: 0.06mg (3.93%), Iron: 0.65mg (3.6%), Vitamin E: 0.52mg (3.46%), Magnesium: 13.79mg (3.45%), Potassium: 105.72mg (3.02%), Zinc: 0.41mg (2.72%), Folate: 10.65µg (2.66%), Vitamin B3: 0.5mg (2.5%), Vitamin B12: 0.12µg (2.08%), Selenium: 1.33µg (1.9%), Vitamin B6: 0.04mg (1.9%), Vitamin B5: 0.18mg (1.81%), Vitamin D: 0.18µg (1.19%)