



Vermont Maple-Pumpkin Pie

READY IN



145 min.

SERVINGS



8

CALORIES



451 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 1.3 cups pumpkin canned
- 8 oz philadelphia cream cheese softened
- 3 eggs divided
- 1 cup evaporated milk canned
- 0.3 cup pancake syrup
- 1.5 tsp pumpkin pie spice
- 0.8 cup sugar divided
- 1.3 cups vanilla wafers crushed finely

- 3 Tbsp planters walnuts chopped
- 0.8 cup cool whip whipped topping thawed

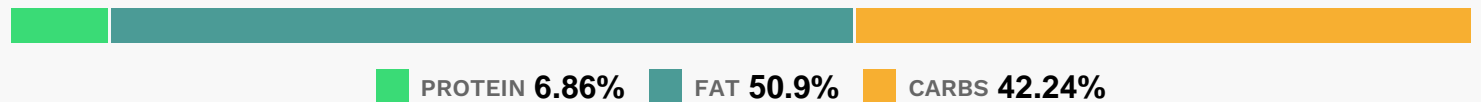
Equipment

- oven
- blender

Directions

- Heat oven to 350F.
- Mix crumbs and butter; press onto bottom and up side of 9-inch pie plate.
- Beat cream cheese, 1/4 cup sugar and 1 egg with mixer until blended; spread onto bottom of crust.
- Mix remaining sugar, eggs, pumpkin, milk and spice; slowly pour over cream cheese mixture. (Note: Crust will be full.)
- Bake 1 hour to 1 hour 5 min. or until center is set. Cool completely.
- Serve topped with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:30.51, Glycemic Load:23.06, Inflammation Score:-10, Nutrition Score:11.966521708862%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 451.32kcal (22.57%), Fat: 26.18g (40.27%), Saturated Fat: 13.52g (84.47%), Carbohydrates: 48.87g (16.29%), Net Carbohydrates: 47.23g (17.17%), Sugar: 31.48g (34.98%), Cholesterol: 115.11mg (38.37%), Sodium: 277.6mg (12.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.87%), Vitamin A: 6692.89IU (133.86%), Vitamin B2: 0.32mg (18.8%), Phosphorus: 168.81mg (16.88%), Calcium: 141.84mg (14.18%), Selenium: 9.02µg (12.88%), Manganese: 0.25mg (12.72%), Folate: 36.72µg (9.18%), Vitamin B1: 0.13mg (8.36%), Vitamin B5: 0.8mg (8%), Potassium: 277.06mg (7.92%), Vitamin K: 7.87µg (7.5%), Vitamin E: 1.11mg (7.37%), Copper: 0.15mg (7.34%), Magnesium: 28.09mg (7.02%), Fiber: 1.65g (6.6%), Iron: 1.11mg (6.17%), Zinc: 0.8mg (5.37%), Vitamin B6:

0.1mg (5.21%), Vitamin B12: 0.29µg (4.76%), Vitamin B3: 0.75mg (3.74%), Vitamin C: 2.33mg (2.82%), Vitamin D:
0.36µg (2.41%)