



Whipped Pumpkin Pie

READY IN



505 min.

SERVINGS



8

CALORIES



516 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter melted
- ☐ 15 ounce pumpkin puree canned
- ☐ 8 ounce cream cheese at room temperature
- ☐ 3 cups graham cracker crumbs
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 8 ounce non-dairy whipped topping frozen thawed
- ☐ 0.5 cup sugar white

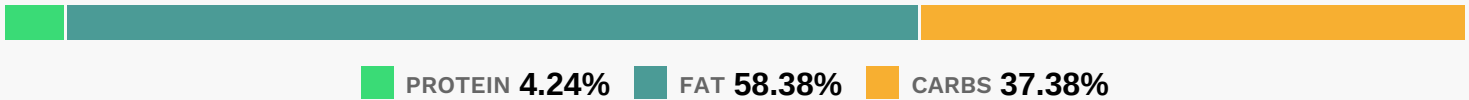
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ springform pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine graham cracker crumbs, 2/3 cup sugar, and melted butter in a mixing bowl.
- ☐ Mix until evenly moistened, then press into the bottom and halfway up the sides of a 9-inch springform pan.
- ☐ Place pan on a baking sheet.
- ☐ Bake the crust in the preheated oven until lightly browned and toasted, about 10 minutes.
- ☐ Remove from the oven and allow crust to cool.
- ☐ Beat cream cheese and 1/2 cup sugar together in a large bowl with an electric mixture until light and fluffy, 2 to 3 minutes. Beat in pumpkin puree until completely incorporated.
- ☐ Fold whipped topping into pumpkin mixture; stir in nutmeg and pumpkin pie spice.
- ☐ Pour pumpkin mixture into graham cracker crust. Cover pie with plastic wrap and refrigerate overnight. Gently remove pie from springform pan.

Nutrition Facts



Properties

Glycemic Index:36.39, Glycemic Load:26.15, Inflammation Score:-10, Nutrition Score:10.788260884907%

Nutrients (% of daily need)

Calories: 516.15kcal (25.81%), Fat: 34.13g (52.5%), Saturated Fat: 20.48g (127.99%), Carbohydrates: 49.17g (16.39%), Net Carbohydrates: 46.51g (16.91%), Sugar: 29.29g (32.54%), Cholesterol: 74.95mg (24.98%), Sodium: 456.72mg (19.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.15%), Vitamin A: 9206.55IU (184.13%), Phosphorus: 139.07mg (13.91%), Vitamin B2: 0.2mg (12.05%), Iron: 2.14mg (11.88%), Vitamin K: 11.53µg (10.98%), Fiber: 2.66g (10.63%), Vitamin E: 1.45mg (9.63%), Calcium: 92.65mg (9.26%), Magnesium: 36.17mg (9.04%), Vitamin B3: 1.45mg (7.27%), Potassium: 237.93mg (6.8%), Vitamin B1: 0.1mg (6.56%), Folate: 25.03µg (6.26%), Zinc: 0.9mg (5.98%), Manganese: 0.11mg (5.31%), Selenium: 3.63µg (5.19%), Vitamin B6: 0.08mg (4.21%), Vitamin B5: 0.4mg (3.98%), Copper: 0.08mg (3.85%), Vitamin C: 2.27mg (2.75%), Vitamin B12: 0.16µg (2.59%)