

# Double Layer Pumpkin Pie II

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## Servings: 10

6 ounces cream cheese, softened  
2 tablespoons milk  
1 tablespoon sugar  
2 cups frozen non-dairy whipped topping, thawed  
1 extra-large graham cracker crust  
1 cup cold milk  
1 package (6 servings) vanilla flavor instant pie filling  
1 package (4 servings) vanilla flavor instant pie filling  
2 1/4 teaspoons pumpkin pie spice  
2 1/4 cups canned pumpkin

## Preparation Time: 15 minutes

In a medium bowl, whisk together the cream cheese, two tablespoons of milk and the sugar. Gently stir in the whipped topping. Carefully spread the mixture to the pie crust.

In a large bowl, beat the cold milk, both pudding mixes and the spice with a whisk for 1 minute. Whisk in the pumpkin. (The mixture will be thick.) Carefully spread over the cream cheese layer.

Refrigerate at least four hours or until set.

Garnish as desired.

Store in the refrigerator.

Start to Finish Time: 4 hours 15 minutes

*You may substitute 1-1/2 teaspoons of ground cinnamon, 1/2 teaspoon of ground ginger and 1/4 teaspoon of ground cloves in place of the pumpkin pie spice.*

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Per Serving (excluding unknown items): 86 Calories; 6g Fat (62.0% calories from fat); 2g Protein; 7g Carbohydrate; 2g Dietary Fiber; 19mg Cholesterol; 55mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	86	Vitamin B6 (mg):	trace
% Calories from Fat:	62.0%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	29.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	9mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg

<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	19mg
<b>Carbohydrate (g):</b>	7g
<b>Dietary Fiber (g):</b>	2g
<b>Protein (g):</b>	2g
<b>Sodium (mg):</b>	55mg
<b>Potassium (mg):</b>	141mg
<b>Calcium (mg):</b>	34mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	2mg
<b>Vitamin A (i.u.):</b>	12406IU
<b>Vitamin A (r.e.):</b>	1290RE

<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	n n%

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### Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	1
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1
<b>Other Carbohydrates:</b>	0

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### Nutrition Facts

Servings per Recipe: 10

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#### Amount Per Serving

<b>Calories</b> 86	Calories from Fat: 53
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#### % Daily Values\*

<b>Total Fat</b> 6g	10%
Saturated Fat 4g	20%
<b>Cholesterol</b> 19mg	6%
<b>Sodium</b> 55mg	2%
<b>Total Carbohydrates</b> 7g	2%
Dietary Fiber 2g	7%
<b>Protein</b> 2g	
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<b>Vitamin A</b>	248%
<b>Vitamin C</b>	4%
<b>Calcium</b>	3%
<b>Iron</b>	6%

\* Percent Daily Values are based on a 2000 calorie diet.