

# Turtle Pumpkin Pie

*Kraft Jello  
Relish Magazine*

## Servings: 10

*1/4 cup caramel ice cream topping  
1 six-ounce ready-to-use graham  
cracker crust  
1/2 cup pecans, chopped  
2 packages (3.4 ounce) vanilla  
instant pudding  
1 cup cold milk  
1 cup canned pumpkin  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1 tub (8 ounce) frozen whipped  
topping, thawed  
2 tablespoons caramel ice cream  
topping (for garnish)  
2 tablespoons chopped pecans (for  
garnish)*

## Preparation Time: 15 minutes

### Chill: 1 hour

Pour one-quarter cup caramel topping onto the bottom of the pie crust. Sprinkle with one-half cup of nuts.

In a large bowl, beat the pudding, milk, pumpkin, cinnamon and nutmeg with a whisk until blended. Stir in 1-1/2 cups of whipped topping. Spoon into the crust.

Refrigerate for one hour.

Top with the remaining whipped topping, caramel topping and nuts just before serving.

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Per Serving (excluding unknown items): 46 Calories; 4g Fat (68.5% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	46	Vitamin B6 (mg):	trace
% Calories from Fat:	68.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	25.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	4g	Folacin (mcg):	5mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	1mg
Potassium (mg):	73mg
Calcium (mg):	11mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	5411IU
Vitamin A (r.e.):	541RE

% Daily Values      0.00%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

**Calories** 46      Calories from Fat: 31

### % Daily Values\*

<b>Total Fat</b> 4g	6%
Saturated Fat trace	2%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1mg	0%
<b>Total Carbohydrates</b> 3g	1%
Dietary Fiber 1g	5%
<b>Protein</b> 1g	
<b>Vitamin A</b>	108%
<b>Vitamin C</b>	2%
<b>Calcium</b>	1%
<b>Iron</b>	3%

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