

No-Bake Two-Layer Pumpkin Pie

Paula Macri - Paula's Bella Cucina
Treasure Coast Newspapers

4 ounces cream cheese, softened
1 tablespoon milk
1 tablespoon sugar
1 1/2 cups Cool Whip, softened
1 cup half-and-half
1 graham cracker pie crust
2 small packages instant vanilla pudding and pie filling
1 can (16 ounces) pumpkin
1 teaspoon cinnamon
1/2 teaspoon ginger
1/4 teaspoon ground cloves (optional)

In a large mixing bowl, mix together the cream cheese, milk and sugar. Whisk together with a wire whisk until smooth. Stir in the Cool Whip. Spread the mixture on the bottom of the graham cracker crust.

In a mixing bowl, place the half-and-half. Add the vanilla pudding. Beat for 1 minute (the mixture will be thick). Stir in the pumpkin, cinnamon, ginger and cloves.

Spread the pumpkin mixture on top of the Cool Whip layer.

Refrigerate for four hours or overnight until set and ready to serve.

Top each slice with a dollop of Cool Whip, if desired.

Per Serving (excluding unknown items): 788 Calories; 45g Fat (50.2% calories from fat); 18g Protein; 82g Carbohydrate; 2g Dietary Fiber; 144mg Cholesterol; 1157mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 8 Fat; 4 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	788	Vitamin B6 (mg):	.2mg
% Calories from Fat:	50.2%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	40.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	9.1%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	45g	Folacin (mcg):	47mcg

Saturated Fat (g): 28g
Monounsaturated Fat (g): 13g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 144mg
Carbohydrate (g): 82g
Dietary Fiber (g): 2g
Protein (g): 18g
Sodium (mg): 1157mg
Potassium (mg): 946mg
Calcium (mg): 455mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 3983IU
Vitamin A (r.e.): 807 1/2RE

Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 4 1/2

Nutrition Facts

Amount Per Serving

Calories 788 **Calories from Fat:** 395

% Daily Values*

Total Fat 45g	69%
Saturated Fat 28g	141%
Cholesterol 144mg	48%
Sodium 1157mg	48%
Total Carbohydrates 82g	27%
Dietary Fiber 2g	8%
Protein 18g	
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Vitamin A	80%
Vitamin C	23%
Calcium	45%
Iron	19%

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