



A Panini Press Thanksgiving...Grilled Pumpkin Pie

READY IN



150 min.

SERVINGS



8

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 1 pinch cardamom
- ☐ 2 large eggs beaten
- ☐ 12 oz evaporated milk
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 19-inch pie crust homemade store-bought
- ☐ 1 pie pumpkin

☐ 0.5 teaspoon salt

Equipment

☐ food processor

☐ bowl

☐ oven

☐ knife

☐ wire rack

☐ blender

☐ grill

☐ panini press

Directions

☐ Pre-bake your pie crust according to the recipe or package directions. Preheat the panini grill to medium-high heat.

☐ Cut the pumpkin in half and remove the seeds and strings. Slice each half into 1/2-inch strips, doing your best to keep each strip as close to the same thickness as possible (this will ensure even grilling later). Working in batches, place as many pumpkin strips onto the grill as will fit. Close the grill so that the lid makes contact with the pumpkin without actually pressing it. Grill until the pumpkin is soft and tender with dark grill marks, 12 to 15 minutes per batch. Preheat the oven to 425°F. Scoop out the pumpkin from each strip into a food processor or blender and purée the pumpkin for several minutes until it is smooth.

☐ Transfer 2 cups of the pumpkin to a large bowl (you can refrigerate or freeze the remainder for pumpkin pancakes!). In a small bowl, combine the sugar, cinnamon, salt, ginger, cloves and cardamom, then add the mixture to the pumpkin.

☐ Mix in the beaten eggs. Gradually stir in the evaporated milk.

☐ Pour the filling into the pie crust.

☐ Bake the pie at 425°F for 15 minutes. Reduce the temperature to 350°F and bake for 40 to 50 minutes longer or until a knife inserted near the center comes out clean. Cool the pie on a wire rack for 2 hours.

☐ Serve immediately or refrigerate.

Nutrition Facts



 **PROTEIN 9.12%**  **FAT 37.41%**  **CARBS 53.47%**

Properties

Glycemic Index:9.39, Glycemic Load:13.09, Inflammation Score:-2, Nutrition Score:5.2486956586008%

Nutrients (% of daily need)

Calories: 262.48kcal (13.12%), Fat: 11g (16.92%), Saturated Fat: 4.39g (27.43%), Carbohydrates: 35.36g (11.79%), Net Carbohydrates: 34.68g (12.61%), Sugar: 23.03g (25.59%), Cholesterol: 58.83mg (19.61%), Sodium: 311.07mg (13.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.06%), Vitamin B2: 0.24mg (14%), Phosphorus: 129.43mg (12.94%), Calcium: 123.65mg (12.36%), Manganese: 0.2mg (10.04%), Selenium: 6.43µg (9.18%), Folate: 26.85µg (6.71%), Vitamin B1: 0.09mg (6.26%), Vitamin B5: 0.57mg (5.67%), Iron: 1mg (5.53%), Potassium: 173.35mg (4.95%), Zinc: 0.61mg (4.07%), Magnesium: 15.94mg (3.98%), Vitamin B3: 0.78mg (3.9%), Vitamin A: 179.89IU (3.6%), Vitamin B12: 0.18µg (2.99%), Vitamin B6: 0.06mg (2.81%), Fiber: 0.68g (2.71%), Vitamin E: 0.32mg (2.13%), Vitamin K: 2.21µg (2.1%), Vitamin D: 0.29µg (1.95%), Copper: 0.04mg (1.85%)