



Almost Paula Deen's Pumpkin Pie

READY IN



160 min.

SERVINGS



8

CALORIES



460 kcal

DESSERT

Ingredients

- ☐ 2 cups pumpkin canned mashed
- ☐ 1 cup coconut milk
- ☐ 0.3 cup dairy-free margarine melted ()
- ☐ 1 egg plus 2 egg yolks slightly beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 piece pre-made pie dough gluten-free (many brands are dairy-free and/or)
- ☐ 0.3 teaspoon salt
- ☐ 10 ounces soy cream cheese (such as Tofutti or Follow Your Heart)

- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 8 servings whipped cream for topping (we use coconut milk in a whipped cream dispenser)

Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Place 1 piece of pre-made pie dough down into a (9-inch) pie pan and press down along the bottom and all sides. Pinch and crimp the edges together to make a pretty pattern.
- ☐ Put the pie shell back into the freezer for 1 hour to firm up. Preheat the oven to 350°F. Fit a piece of aluminum foil to cover the inside of the shell completely. Fill the shell up to the edges with pie weights or dried beans (about 2 pounds) and place it in the oven.
- ☐ Bake for 10 minutes, remove the foil and pie weights and bake for another 10 minutes or until the crust is dried out and beginning to color. For the filling, in a large mixing bowl, beat the cream cheese with a hand mixer.
- ☐ Add the pumpkin and beat until combined.
- ☐ Add the sugar and salt, and beat until combined.
- ☐ Add the eggs mixed with the yolks, half-and-half, and melted butter, and beat until combined. Finally, add the vanilla, cinnamon, and ginger, if using, and beat until incorporated.
- ☐ Pour the filling into the warm prepared pie crust and bake for 50 minutes, or until the center is set.
- ☐ Place the pie on a wire rack and cool to room temperature.
- ☐ Cut into slices and top each piece with a generous amount of dairy-free whipped cream.

Nutrition Facts



 PROTEIN 4.5%  FAT 58.2%  CARBS 37.3%

Properties

Glycemic Index:31.76, Glycemic Load:19.16, Inflammation Score:-10, Nutrition Score:12.215217497038%

Nutrients (% of daily need)

Calories: 459.67kcal (22.98%), Fat: 30.51g (46.93%), Saturated Fat: 16.55g (103.44%), Carbohydrates: 43.99g (14.66%), Net Carbohydrates: 41.6g (15.13%), Sugar: 28.86g (32.07%), Cholesterol: 64.65mg (21.55%), Sodium: 325.1mg (14.13%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 5.3g (10.61%), Vitamin A: 10352.12IU (207.04%), Manganese: 0.45mg (22.62%), Vitamin E: 2.52mg (16.78%), Vitamin K: 16.18µg (15.41%), Iron: 2.48mg (13.76%), Phosphorus: 116.39mg (11.64%), Vitamin B2: 0.17mg (10.11%), Fiber: 2.38g (9.53%), Magnesium: 34.5mg (8.63%), Selenium: 6.04µg (8.62%), Folate: 32.85µg (8.21%), Copper: 0.16mg (7.8%), Potassium: 271.58mg (7.76%), Calcium: 70.06mg (7.01%), Vitamin B5: 0.66mg (6.63%), Vitamin B1: 0.09mg (6.25%), Vitamin B3: 1.03mg (5.13%), Vitamin B6: 0.08mg (4.19%), Zinc: 0.62mg (4.11%), Vitamin C: 2.86mg (3.47%), Vitamin B12: 0.14µg (2.32%)