



Amaretto-Almond Streusel Pumpkin Pie

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



73 kcal

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 4.3 ounces amaretti cookies crumbled
- ☐ 2 tablespoons amaretto

Equipment

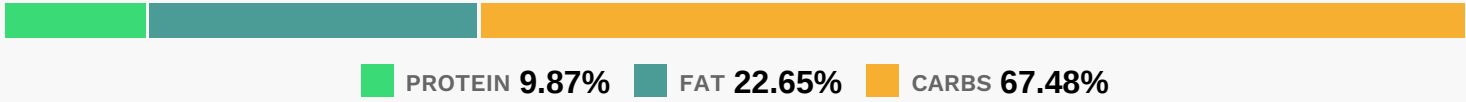
- ☐ oven

Directions

- ☐ Replace 2 tablespoons cream with amaretto liqueur in Perfect Pumpkin Pie.

- ☐ Mix cookie crumbs with almonds.
- ☐ Sprinkle over filling just before baking.
- ☐ Bake and cool pie as directed. DO AHEAD Can be made 8 hours ahead.
- ☐ Let stand at room temperature.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.83869565634624%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 73.16kcal (3.66%), Fat: 1.79g (2.75%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 11.29g (4.1%), Sugar: 9.91g (11.01%), Cholesterol: 0mg (0%), Sodium: 34mg (1.48%), Alcohol: 0.78g (100%), Alcohol %: 5.7% (100%), Protein: 1.75g (3.51%), Vitamin E: 0.59mg (3.93%), Fiber: 0.71g (2.84%), Manganese: 0.05mg (2.65%), Magnesium: 6.3mg (1.58%), Vitamin B2: 0.03mg (1.56%), Iron: 0.24mg (1.33%), Copper: 0.02mg (1.24%), Phosphorus: 11.24mg (1.12%)