



Amaretto Pumpkin Pie

READY IN



45 min.

SERVINGS



8

CALORIES



194 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 cup amaretti cookie crumbs (32 large cookies)
- ☐ 3 tablespoons amaretto
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 1 eggs lightly beaten
- ☐ 1 egg white lightly beaten
- ☐ 2 egg whites lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 0.3 teaspoon ground ginger
- ☐ 1.3 cups milk 2% low-fat
- ☐ 2 cups pumpkin unsweetened canned
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract

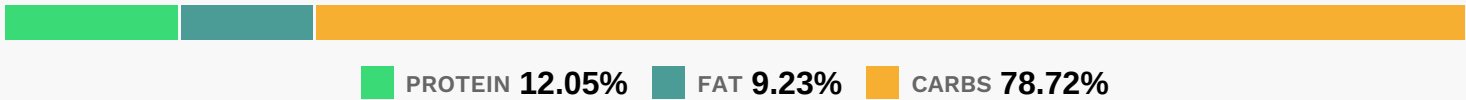
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Combine crumbs and 1 egg white in a bowl; toss with a fork until moistened. Firmly press into bottom and up sides of a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 375 for 10 minutes; let cool on a wire rack.
- ☐ Combine pumpkin and remaining ingredients in a large bowl; stir with a wire whisk until smooth.
- ☐ Pour pumpkin mixture into prepared crust.
- ☐ Bake at 375 for 45 minutes or until a knife inserted in center comes out clean; let cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.52, Inflammation Score:-10, Nutrition Score:9.7530434183452%

Nutrients (% of daily need)

Calories: 193.72kcal (9.69%), Fat: 1.94g (2.99%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 37.25g (12.42%), Net Carbohydrates: 34.69g (12.62%), Sugar: 30.82g (34.24%), Cholesterol: 22.43mg (7.48%), Sodium: 238.43mg (10.37%), Alcohol: 1.76g (100%), Alcohol %: 1.44% (100%), Protein: 5.7g (11.4%), Vitamin A: 9640.26IU (192.81%), Fiber: 2.56g (10.23%), Manganese: 0.2mg (10%), Vitamin B2: 0.17mg (9.94%), Vitamin K: 9.98µg (9.5%), Calcium: 84.98mg (8.5%), Selenium: 5.56µg (7.94%), Phosphorus: 76.83mg (7.68%), Iron: 1.34mg (7.47%), Potassium: 239.39mg (6.84%), Magnesium: 22.78mg (5.7%), Vitamin B5: 0.52mg (5.17%), Vitamin B12: 0.3µg (4.98%), Vitamin E: 0.72mg (4.83%), Copper: 0.08mg (4.24%), Vitamin B6: 0.08mg (3.75%), Vitamin D: 0.54µg (3.62%), Folate: 13.06µg (3.26%), Vitamin B1: 0.05mg (3.17%), Vitamin C: 2.59mg (3.14%), Zinc: 0.37mg (2.47%), Vitamin B3: 0.38mg (1.89%)