



WHATSheATE



Bourbon Pumpkin Pie



Vegetarian

READY IN



360 min.

SERVINGS



8

CALORIES



247 kcal

DESSERT

Ingredients

- ☐ 3.5 tablespoons bourbon
- ☐ 15 ounces pumpkin pure canned
- ☐ 2 large eggs
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 teaspoon ground ginger
- ☐ 1 cup heavy cream
- ☐ 1 teaspoon accompaniment: lightly whipped cream sweetened per 1/2 cup cream if desired)

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.8 cup sugar

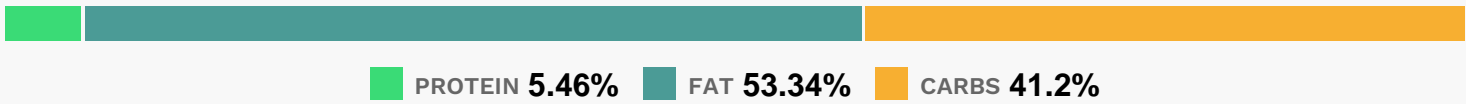
Equipment

- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 12-inch round and fit into pie plate. Trim edge, leaving a 1/2-inch overhang. Fold overhang under and lightly press against rim of pie plate, then crimp decoratively. Lightly prick bottom all over with a fork. Chill until firm, at least 30 minutes (or freeze 10 minutes).
- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Line shell with foil and fill with pie weights.
- ☐ Bake until side is set and edge is golden, about 20 minutes. Carefully remove weights and foil and bake shell until golden all over, 10 to 15 minutes more. Cool completely.
- ☐ Whisk together remaining ingredients and pour into cooled shell.
- ☐ Bake until edge of filling is set but center trembles slightly, about 45 minutes (filling will continue to set as it cools). Cool completely.
- ☐ Pie can be baked 1 day ahead and chilled. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:13.14, Glycemic Load:13.1, Inflammation Score:-10, Nutrition Score:9.1156521361807%

Nutrients (% of daily need)

Calories: 246.99kcal (12.35%), Fat: 14.24g (21.91%), Saturated Fat: 8.43g (52.69%), Carbohydrates: 24.75g (8.25%), Net Carbohydrates: 23.04g (8.38%), Sugar: 21.77g (24.18%), Cholesterol: 86.63mg (28.88%), Sodium: 104.7mg (4.55%), Alcohol: 2.19g (100%), Alcohol %: 2.11% (100%), Protein: 3.28g (6.56%), Vitamin A: 8847.29IU (176.95%), Manganese: 0.19mg (9.71%), Vitamin B2: 0.16mg (9.54%), Vitamin K: 9.72µg (9.25%), Selenium: 5.52µg (7.89%), Phosphorus: 68.7mg (6.87%), Fiber: 1.71g (6.86%), Vitamin E: 1.01mg (6.74%), Iron: 1.07mg (5.94%), Calcium: 53.94mg (5.39%), Vitamin B5: 0.51mg (5.14%), Potassium: 171.72mg (4.91%), Vitamin D: 0.73µg (4.84%), Magnesium: 17.4mg (4.35%), Copper: 0.08mg (3.79%), Folate: 14.08µg (3.52%), Vitamin B6: 0.07mg (3.36%), Vitamin C: 2.54mg (3.07%), Vitamin B12: 0.18µg (2.98%), Zinc: 0.37mg (2.48%), Vitamin B1: 0.03mg (1.75%), Vitamin B3: 0.26mg (1.28%)