



Brown Sugar-Butternut Pie

READY IN



45 min.

SERVINGS



8

CALORIES



256 kcal

DESSERT

Ingredients

- ☐ 0.7 cup brown sugar packed
- ☐ 3 cups butternut squash cubed peeled (1 small)
- ☐ 2 large eggs
- ☐ 0.8 cup evaporated milk fat-free
- ☐ 5.5 ounces gingersnaps
- ☐ 1 tablespoon granulated sugar
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.8 teaspoon ground ginger

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon stick margarine melted
- ☐ 2 tablespoons water
- ☐ 0.5 cup non-dairy whipped topping frozen thawed reduced-fat

Equipment

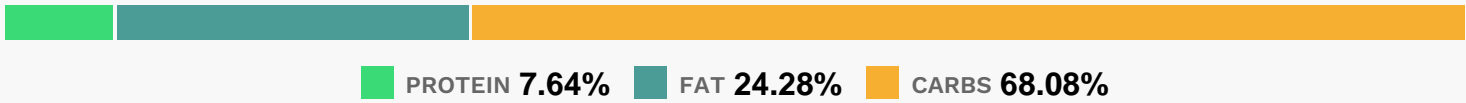
- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Preheat oven to 375
- ☐ To prepare the crust, place the cookies in a food processor, and process until finely ground (to yield about 1 cup).
- ☐ Add the granulated sugar and butter, and pulse 8 times or until combined. Press crumb mixture into the bottom and up the sides of a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 375 for 6 minutes; cool on a wire rack.
- ☐ To prepare filling, place water and squash in a microwave-safe dish. Cover with wax paper; microwave at high 12 minutes or until very tender, stirring after 6 minutes.
- ☐ Drain and mash.
- ☐ Combine the squash and the next 8 ingredients (squash through eggs) in a medium saucepan. Cook mixture over medium heat until thick (about 8 minutes), stirring constantly with a whisk.
- ☐ Pour the mixture into the prepared crust.

Bake at 375 for 20 minutes or until set; cool pie on a wire rack. Top each serving with 1 tablespoon whipped topping.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:1.06, Inflammation Score:-10, Nutrition Score:12.52130431196%

Nutrients (% of daily need)

Calories: 255.67kcal (12.78%), Fat: 7.08g (10.9%), Saturated Fat: 2.83g (17.66%), Carbohydrates: 44.68g (14.89%), Net Carbohydrates: 42.95g (15.62%), Sugar: 27.87g (30.97%), Cholesterol: 53.44mg (17.82%), Sodium: 252.06mg (10.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.03%), Vitamin A: 5775.96IU (115.52%), Manganese: 0.57mg (28.73%), Vitamin C: 11.5mg (13.93%), Calcium: 132.42mg (13.24%), Vitamin B2: 0.21mg (12.07%), Iron: 2.09mg (11.6%), Phosphorus: 111.56mg (11.16%), Potassium: 375.64mg (10.73%), Folate: 39.34µg (9.84%), Magnesium: 37.46mg (9.37%), Selenium: 6.1µg (8.71%), Vitamin E: 1.21mg (8.04%), Vitamin B1: 0.11mg (7.28%), Vitamin B6: 0.14mg (7.18%), Fiber: 1.73g (6.91%), Vitamin B3: 1.37mg (6.83%), Vitamin B5: 0.65mg (6.55%), Copper: 0.12mg (6.14%), Zinc: 0.56mg (3.71%), Vitamin B12: 0.16µg (2.67%), Vitamin D: 0.27µg (1.82%), Vitamin K: 1.56µg (1.48%)