



Butternut Squash Pie

READY IN



45 min.

SERVINGS



8

CALORIES



624 kcal

DESSERT

Ingredients

- ☐ 0.7 cup firmly brown sugar light packed
- ☐ 2 pound butternut squash squash) pureed
- ☐ 3 large eggs beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.5 cups half-and-half
- ☐ 4 tablespoons ice water
- ☐ 0.3 cup maple syrup
- ☐ 1.5 teaspoons orange rind grated
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 cup whipping cream

Equipment

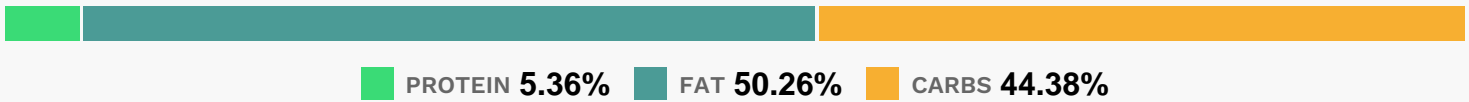
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ aluminum foil
- ☐ wax paper

Directions

- ☐ Combine flour and 1/2 teaspoon salt; cut in shortening with a pastry blender until mixture resembles the size of peas.
- ☐ Sprinkle ice water, 1 tablespoon at a time, evenly over surface; stir with a fork until dry ingredients are moistened. Shape dough into a ball; cover and chill 30 minutes.

- ☐ Roll dough to 1/8" thickness on a lightly floured surface. Fit into a 9" deep-dish pieplate; trim off excess pastry along edges. Fold edges under, and crimp. Line pastry with aluminum foil, and fill with pie weights or dried beans.
- ☐ Bake at 450 for 8 minutes.
- ☐ Remove weights and foil; bake pastry 4 more minutes.
- ☐ Remove pastry crust to a wire rack to cool; reduce oven temperature to 37
- ☐ Whisk together butternut squash and next 10 ingredients in a large bowl until combined.
- ☐ Pour filling into crust.
- ☐ Bake at 375 for 50 to 55 minutes or until a knife inserted near center comes out clean, shielding crust after 20 minutes. Cool on a wire rack. Cover and refrigerate overnight.
- ☐ Combine 2 tablespoons granulated sugar and pecans in a small skillet. Cook over medium-low heat, stirring constantly, 5 minutes or until sugar melts and pecans are toasted. Spoon onto wax paper to cool. Crumble sugared pecans into pieces.
- ☐ Beat whipping cream at high speed with an electric mixer until foamy; gradually add powdered sugar, 1 tablespoon at a time, until soft peaks form. Slowly fold maple syrup into whipped cream. Cover and chill 1 hour.
- ☐ To serve, spoon maple cream onto each serving.
- ☐ Sprinkle sugared pecans over cream.

Nutrition Facts



Properties

Glycemic Index:43.96, Glycemic Load:20.48, Inflammation Score:-10, Nutrition Score:20.691739206729%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 623.53kcal (31.18%), Fat: 35.84g (55.14%), Saturated Fat: 14.32g (89.51%), Carbohydrates: 71.21g (23.74%), Net Carbohydrates: 67.51g (24.55%), Sugar: 42.37g (47.08%), Cholesterol: 119.25mg (39.75%), Sodium: 292.52mg (12.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.19%), Vitamin A: 12759.99IU (255.2%), Manganese: 1.02mg (50.85%), Vitamin C: 25.02mg (30.33%), Vitamin B2: 0.5mg (29.12%), Vitamin B1: 0.36mg (23.93%), Selenium: 16.37µg (23.39%), Vitamin E: 3.12mg (20.78%), Folate: 82µg (20.5%), Phosphorus: 177.66mg (17.77%), Potassium: 615.14mg (17.58%), Calcium: 171.59mg (17.16%), Magnesium: 64.79mg (16.2%), Fiber: 3.7g (14.8%), Iron: 2.53mg (14.04%), Vitamin B3: 2.8mg (14.01%), Vitamin B6: 0.27mg (13.64%), Vitamin B5: 1.21mg (12.13%), Copper: 0.23mg (11.4%), Vitamin K: 10.04µg (9.56%), Zinc: 1.21mg (8.04%), Vitamin D: 0.85µg (5.67%), Vitamin B12: 0.3µg (5.01%)