



Cinnamon Streusel-Topped Pumpkin Pie

READY IN



45 min.

SERVINGS



12

CALORIES



368 kcal

DESSERT

Ingredients

- 2 tablespoons butter chilled cut into small pieces
- 0.3 cup brown sugar dark packed
- 2 large eggs
- 1.5 ounces flour all-purpose
- 0.3 teaspoon ground allspice
- 0.8 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.1 teaspoon ground ginger
- 0.3 teaspoon ground ginger

- 0.3 teaspoon ground nutmeg
- 0.3 cup regular oats
- 0.3 cup pecans chopped
- 15 ounce pumpkin unsweetened canned
- 15 ounce pie dough refrigerated (such as Pillsbury)
- 14 ounce condensed milk fat-free sweetened canned
- 2 teaspoons water

Equipment

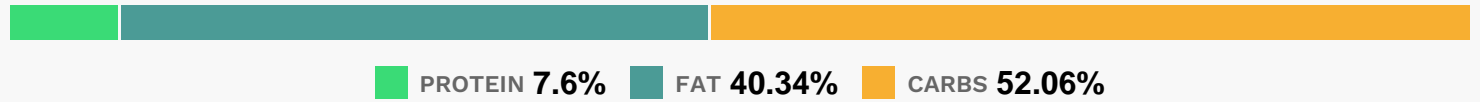
- bowl
- baking sheet
- oven
- knife
- whisk
- wire rack
- measuring cup

Directions

- Preheat oven to 375
- To prepare filling, combine first 8 ingredients in a large bowl; stir with a whisk.
- To prepare crust, roll dough to an 11-inch circle. Fit dough into a 9-inch pie plate coated with cooking spray. Fold edges under; flute.
- To prepare streusel, lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and next 5 ingredients (through 1/8 teaspoon ginger) in a bowl.
- Cut in butter with a fork or fingertips until crumbly.
- Sprinkle with water, tossing with a fork just until lightly moistened.
- Pour pumpkin mixture into crust; sprinkle with streusel.
- Place pie on a baking sheet.
- Bake at 375 for 50 minutes or until a knife inserted in center comes out clean.

Remove from baking sheet; cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:13.34, Inflammation Score:-10, Nutrition Score:12.867391285689%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 367.93kcal (18.4%), Fat: 16.71g (25.7%), Saturated Fat: 6.4g (39.99%), Carbohydrates: 48.52g (16.17%), Net Carbohydrates: 46.02g (16.73%), Sugar: 25.26g (28.06%), Cholesterol: 47.26mg (15.75%), Sodium: 217.6mg (9.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.16%), Vitamin A: 5708.98IU (114.18%), Manganese: 0.46mg (23.15%), Selenium: 11.53µg (16.47%), Vitamin B2: 0.28mg (16.42%), Phosphorus: 156.29mg (15.63%), Vitamin B1: 0.19mg (12.67%), Calcium: 125.01mg (12.5%), Folate: 44.34µg (11.08%), Iron: 1.99mg (11.05%), Fiber: 2.5g (9.99%), Vitamin K: 8.84µg (8.42%), Potassium: 271.64mg (7.76%), Magnesium: 29.92mg (7.48%), Vitamin B5: 0.73mg (7.27%), Vitamin B3: 1.43mg (7.17%), Copper: 0.12mg (5.94%), Zinc: 0.84mg (5.58%), Vitamin E: 0.78mg (5.19%), Vitamin B6: 0.08mg (4%), Vitamin B12: 0.22µg (3.73%), Vitamin C: 2.4mg (2.9%), Vitamin D: 0.23µg (1.55%)