



Classic Pumpkin Pie

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



320 kcal

DESSERT

Ingredients

- 1 cup firmly brown sugar packed
- 0.3 cup land o lakes® butter
- 15 ounce pumpkin canned
- 2 eggs
- 1 cup flour all-purpose
- 0.3 teaspoon ground ginger
- 1 teaspoon pumpkin pie spice
- 0.5 teaspoon salt

- 1 tablespoon sugar
- 3 tablespoons water cold
- 0.5 cup whipping cream chilled

Equipment

- bowl
- oven
- knife
- blender
- pie form

Directions

- Heat oven to 425 degrees F. Stir together flour and salt in large bowl; cut in butter until mixture resembles coarse crumbs. Stir in enough water, with fork, just until flour is moistened. Shape dough into a ball; flatten ball slightly.
- Roll out ball on lightly floured surface into 12-inch circle. Fold into quarters.
- Place dough into 9-inch pie pan; unfold, pressing firmly against bottom and sides. Crimp or flute edge. Set aside.
- Beat eggs at medium speed in large mixer bowl until thick and lemon-colored (2 to 3 minutes).
- Add all remaining filling ingredients; beat until well mixed (1 to 2 minutes).
- Pour filling ingredients into prepared crust.
- Bake for 10 minutes. Reduce oven temperature to 350 degrees F. Continue baking for 40 to 50 minutes or until knife inserted in center comes out clean. Cool completely.
- Beat 1/2 cup chilled whipping cream at high speed in chilled small bowl, scraping bowl often, until soft peaks form.
- Add 1 tablespoon sugar and ginger. Continue beating until stiff peaks form (1 to 2 minutes).
- To serve, top each serving with a dollop of whipped cream.
- Sprinkle with additional ground ginger, if desired. Store pie and whipped cream refrigerated.

Nutrition Facts

■ PROTEIN 5.05% ■ FAT 39.58% ■ CARBS 55.37%

Properties

Glycemic Index:24.39, Glycemic Load:9.68, Inflammation Score:-10, Nutrition Score:10.799999952316%

Nutrients (% of daily need)

Calories: 320.41kcal (16.02%), Fat: 14.43g (22.2%), Saturated Fat: 8.75g (54.67%), Carbohydrates: 45.42g (15.14%), Net Carbohydrates: 43.41g (15.79%), Sugar: 30.47g (33.86%), Cholesterol: 78.06mg (26.02%), Sodium: 236.91mg (10.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.28%), Vitamin A: 8787.67IU (175.75%), Selenium: 9.82µg (14.04%), Manganese: 0.27mg (13.37%), Vitamin B2: 0.19mg (11.06%), Iron: 1.93mg (10.73%), Folate: 41.36µg (10.34%), Vitamin B1: 0.14mg (9.57%), Vitamin K: 9.79µg (9.33%), Fiber: 2.01g (8.04%), Vitamin E: 1.05mg (7%), Phosphorus: 69.66mg (6.97%), Calcium: 59.29mg (5.93%), Vitamin B3: 1.18mg (5.91%), Potassium: 196.92mg (5.63%), Vitamin B5: 0.53mg (5.35%), Magnesium: 21.22mg (5.31%), Copper: 0.1mg (5.22%), Vitamin B6: 0.07mg (3.67%), Vitamin D: 0.46µg (3.05%), Vitamin C: 2.38mg (2.89%), Zinc: 0.4mg (2.69%), Vitamin B12: 0.14µg (2.3%)