



Classic Pumpkin Pie

READY IN



165 min.

SERVINGS



10

CALORIES



473 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 15 ounce pumpkin pure canned
- ☐ 3 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.3 cups heavy cream
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.3 teaspoon salt

- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 12 tablespoons butter unsalted cold cut into small pieces ()
- ☐ 0.5 teaspoon vanilla extract
- ☐ 4 tablespoons vegetable shortening cold

Equipment

- ☐ food processor
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Roll out the dough into a 12-inch round on a lightly floured surface. Ease into a 9-inch pie plate. Fold the overhanging dough under itself and crimp the edges with your fingers. Pierce the bottom and sides all over with a fork. Chill at least 1 hour or overnight.
- ☐ Preheat the oven to 350 degrees F. Line the chilled dough with foil and fill with pie weights or dried beans.
- ☐ Transfer to the oven and bake until the edges are golden, 20 to 25 minutes.
- ☐ Remove the foil and weights and continue baking until the crust is golden all over, 10 to 15 more minutes.
- ☐ Transfer to a rack and let cool completely.
- ☐ Make the filling: Gently whisk the pumpkin, cream, granulated sugar, 2 eggs, the cinnamon, nutmeg, vanilla and salt (do not overmix). Beat the remaining egg and brush on the crust edge; sprinkle with coarse sugar.
- ☐ Pour the filling into the crust and bake until set around the edges, 50 minutes to 1 hour (the middle will still jiggle slightly).
- ☐ Transfer to a rack; let cool completely.
- ☐ Pulse the flour, shortening, sugar, vinegar and salt in a food processor until it looks like fine meal.

- ☐
- Add the butter and pulse until it is in pea-size pieces.
- ☐
- Sprinkle in 1/4 cup ice water and pulse until the dough begins to come together. Pinch the dough with your fingers; if it doesn't hold together, add up to 4 more tablespoons ice water, 1 tablespoon at a time, and pulse again.
- ☐
- Divide the dough between 2 sheets of plastic wrap and pat each into a disk. Wrap tightly and refrigerate until firm, at least 1 hour or preferably overnight, or freeze up to 2 months.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:27.14, Inflammation Score:-10, Nutrition Score:13.297826155372%

Nutrients (% of daily need)

Calories: 472.64kcal (23.63%), Fat: 31.42g (48.34%), Saturated Fat: 17.36g (108.49%), Carbohydrates: 42.57g (14.19%), Net Carbohydrates: 40.36g (14.68%), Sugar: 16.59g (18.43%), Cholesterol: 125.54mg (41.85%), Sodium: 208.77mg (9.08%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Protein: 6.59g (13.18%), Vitamin A: 7556.9IU (151.14%), Selenium: 16.52µg (23.6%), Vitamin B2: 0.31mg (18.27%), Vitamin B1: 0.27mg (17.98%), Folate: 71.12µg (17.78%), Manganese: 0.32mg (16.11%), Iron: 2.37mg (13.17%), Vitamin K: 11.86µg (11.29%), Vitamin E: 1.61mg (10.73%), Vitamin B3: 2.04mg (10.22%), Phosphorus: 100.01mg (10%), Fiber: 2.2g (8.82%), Vitamin D: 1.03µg (6.85%), Vitamin B5: 0.67mg (6.67%), Copper: 0.11mg (5.51%), Magnesium: 21.23mg (5.31%), Calcium: 50.36mg (5.04%), Potassium: 176.22mg (5.03%), Zinc: 0.58mg (3.86%), Vitamin B6: 0.07mg (3.73%), Vitamin B12: 0.21µg (3.49%), Vitamin C: 1.98mg (2.39%)