

Classic Pumpkin Pie

READY IN



45 min.

SERVINGS



8

CALORIES



327 kcal

Ingredients

- 15 ounce pumpkin puree canned
- 2 large eggs
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 8 servings salt to taste
- 14 ounce condensed milk sweetened canned
- 19-inch pie crust dough ()
- 8 servings whipped cream for garnish

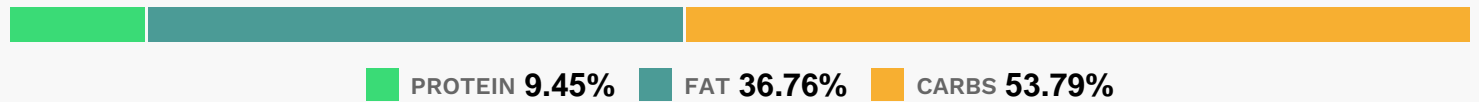
Equipment

- bowl
- oven
- knife
- whisk

Directions

- Preheat oven to 425 degrees F.
- Whisk pumpkin, sweetened condensed milk, eggs, spices and salt in medium bowl until smooth.
- Pour into crust.
- Bake 15 minutes.Reduce oven temperature to 350 degrees F and continue baking 35 to 40 minutes or until knife inserted 1 inch from crust comes out clean. Cool.
- Garnish with whipped cream.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:16.9, Inflammation Score:-10, Nutrition Score:13.159130434783%

Nutrients (% of daily need)

Calories: 326.56kcal (16.33%), Fat: 13.56g (20.86%), Saturated Fat: 6.1g (38.12%), Carbohydrates: 44.64g (14.88%), Net Carbohydrates: 42.29g (15.38%), Sugar: 29.31g (32.57%), Cholesterol: 67.93mg (22.64%), Sodium: 380.01mg (16.52%), Protein: 7.84g (15.69%), Vitamin A: 8514.78IU (170.3%), Vitamin B2: 0.34mg (19.94%), Phosphorus: 192.85mg (19.28%), Selenium: 12.98µg (18.55%), Calcium: 175.53mg (17.55%), Manganese: 0.29mg (14.28%), Vitamin K: 10.86µg (10.34%), Potassium: 347.08mg (9.92%), Iron: 1.76mg (9.75%), Fiber: 2.34g (9.37%), Vitamin B5: 0.9mg (8.97%), Vitamin B1: 0.13mg (8.93%), Folate: 35.52µg (8.88%), Magnesium: 31.69mg (7.92%), Vitamin E: 0.93mg (6.22%), Vitamin B12: 0.35µg (5.78%), Zinc: 0.87mg (5.77%), Vitamin B3: 1mg (5.02%), Copper: 0.1mg (4.78%), Vitamin B6: 0.09mg (4.63%), Vitamin C: 3.54mg (4.29%), Vitamin D: 0.37µg (2.49%)