



## Classic Pumpkin Pie

READY IN



405 min.

SERVINGS



8

CALORIES



367 kcal

DESSERT

## Ingredients

- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 2 eggs
- ☐ 12 oz evaporated milk canned
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon pumpkin pie spice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup shortening
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons water cold
- ☐ 0.5 cup whipping cream

## Equipment

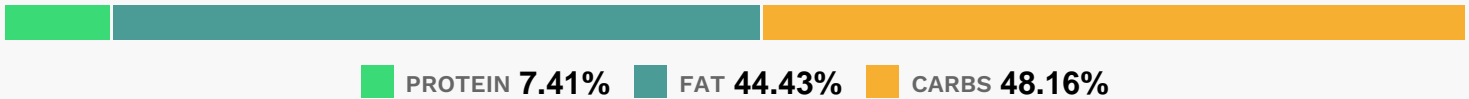
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil
- ☐ rolling pin

## Directions

- ☐ In medium bowl, mix flour and 1/2 teaspoon salt.
- ☐ Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- ☐ Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl (1 to 2 teaspoons more water can be added if necessary).
- ☐ Gather pastry into a ball. On lightly floured surface, shape dough into flattened round. Wrap pastry in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable.
- ☐ Heat oven to 425F. On lightly floured surface, roll pastry with floured rolling pin into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; flute as desired.

- ☐ In medium bowl, beat eggs slightly with wire whisk. Beat in remaining filling ingredients.
- ☐ Place pastry-lined pie plate on oven rack to prevent spilling the filling.
- ☐ Pour filling into pie plate. Cover edge of crust with 2- to 3-inch strip of foil to prevent excessive browning.
- ☐ Bake 15 minutes. Reduce oven temperature to 350F.
- ☐ Bake about 45 minutes longer, removing foil during last 15 minutes of baking, until knife inserted in center comes out clean. Cool 30 minutes. Refrigerate about 4 hours or until chilled.
- ☐ In chilled small bowl, beat topping ingredients with electric mixer on high speed until soft peaks form.
- ☐ Serve pie topping with whipped cream.

## Nutrition Facts



## Properties

Glycemic Index:27.52, Glycemic Load:18.4, Inflammation Score:-10, Nutrition Score:13.388695830884%

## Nutrients (% of daily need)

Calories: 366.61kcal (18.33%), Fat: 18.46g (28.4%), Saturated Fat: 7.92g (49.51%), Carbohydrates: 45.02g (15.01%), Net Carbohydrates: 40.02g (14.55%), Sugar: 18.77g (20.86%), Cholesterol: 70.06mg (23.35%), Sodium: 321.78mg (13.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.85%), Vitamin A: 4791.51IU (95.83%), Manganese: 0.44mg (22.02%), Vitamin B2: 0.36mg (20.92%), Fiber: 5g (20.02%), Phosphorus: 158mg (15.8%), Selenium: 10.85µg (15.5%), Calcium: 152.68mg (15.27%), Folate: 56.42µg (14.1%), Vitamin B5: 1.21mg (12.1%), Vitamin B1: 0.16mg (10.7%), Iron: 1.65mg (9.18%), Potassium: 252mg (7.2%), Vitamin B6: 0.14mg (6.91%), Magnesium: 25.13mg (6.28%), Vitamin B3: 1.24mg (6.19%), Vitamin E: 0.86mg (5.75%), Vitamin K: 5.5µg (5.23%), Zinc: 0.77mg (5.14%), Copper: 0.08mg (3.93%), Vitamin C: 2.78mg (3.37%), Vitamin D: 0.5µg (3.34%), Vitamin B12: 0.19µg (3.16%)