



Classic Pumpkin Pie

READY IN



45 min.

SERVINGS



12

CALORIES



349 kcal

DESSERT

Ingredients

- 1 tablespoon amaretto (almond-flavored liqueur)
- 0.8 cup brown sugar packed
- 0.8 cup brown sugar packed
- 1 large eggs
- 2 large egg whites
- 12 ounce evaporated milk low-fat canned
- 2 teaspoons powdered sugar
- 15 ounce pumpkin puree unsweetened canned
- 1.8 teaspoons pumpkin pie spice

- 15 ounce pie crust dough refrigerated (such as Pillsbury)
- 0.3 teaspoon salt
- 0.3 cup whipping cream

Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- blender

Directions

- Position oven rack to lowest position.
- Preheat oven to 42
- To prepare filling, combine first 6 ingredients in a large bowl, stirring with a whisk.
- Add pumpkin, and stir with a whisk until smooth.
- To prepare crust, roll dough into an 11-inch circle; fit into a 9-inch pie plate coated with cooking spray. Fold edges under and flute.
- Pour pumpkin mixture into the crust.
- Place pie plate on a baking sheet.
- Place baking sheet on lowest oven rack.
- Bake at 425 for 10 minutes. Reduce oven temperature to 350 (do not remove pie from oven); bake an additional 50 minutes or until almost set. Cool completely on wire rack.
- To prepare topping, beat cream with a mixer at high speed until stiff peaks form.
- Add the amaretto and powdered sugar, and beat until blended.
- Serve with pie.

Nutrition Facts



■ PROTEIN 6.63% ■ FAT 35.17% ■ CARBS 58.2%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:10.764347879783%

Nutrients (% of daily need)

Calories: 348.59kcal (17.43%), Fat: 13.72g (21.1%), Saturated Fat: 5.54g (34.6%), Carbohydrates: 51.07g (17.02%), Net Carbohydrates: 49.11g (17.86%), Sugar: 31.64g (35.16%), Cholesterol: 29.32mg (9.77%), Sodium: 249.55mg (10.85%), Alcohol: 0.32g (100%), Alcohol %: 0.29% (100%), Protein: 5.82g (11.64%), Vitamin A: 5679.3IU (113.59%), Manganese: 0.28mg (13.86%), Vitamin B2: 0.22mg (13.06%), Calcium: 120.79mg (12.08%), Phosphorus: 108.94mg (10.89%), Iron: 1.8mg (10.02%), Folate: 34.05µg (8.51%), Vitamin K: 8.68µg (8.27%), Vitamin B1: 0.12mg (8.17%), Selenium: 5.7µg (8.15%), Fiber: 1.96g (7.83%), Potassium: 251.6mg (7.19%), Magnesium: 24.63mg (6.16%), Vitamin B3: 1.19mg (5.96%), Vitamin B5: 0.59mg (5.89%), Vitamin E: 0.68mg (4.53%), Copper: 0.09mg (4.44%), Vitamin B6: 0.07mg (3.66%), Zinc: 0.52mg (3.47%), Vitamin C: 2.13mg (2.58%), Vitamin B12: 0.1µg (1.59%), Vitamin D: 0.19µg (1.27%)