



Classic pumpkin pie with pecan & maple cream

 Vegetarian

READY IN



95 min.

SERVINGS



8

CALORIES



484 kcal

DESSERT

Ingredients

- ☐ 550 g pumpkin peeled cut into chunks
- ☐ 500 g pastry crust
- ☐ 175 g g muscovado sugar light
- ☐ 2 eggs
- ☐ 142 ml double cream
- ☐ 1 tsp cinnamon
- ☐ 1 tsp allspice

- ☐ 1 tsp ground ginger
- ☐ 1 small nutmeg
- ☐ 142 ml double cream
- ☐ 5 tbsp maple syrup
- ☐ 25 g pecans finely chopped

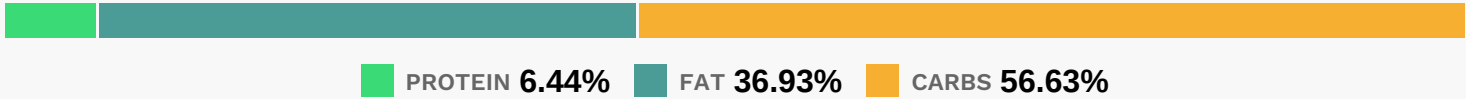
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Place the pumpkin pieces in a large microwaveable bowl. Cover, then cook on High (850W) for 15 mins or until soft. Tip into a colander to drain, then leave to cool.
- ☐ On a lightly floured surface, roll out pastry to the thickness of a 1 coin so its wide enough to line a 25cm tart tin. Ease the pastry into the case, making sure theres an overhang, then chill for 30 mins.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Line the case with foil and baking beans, then bake for 15-20 mins.
- ☐ Remove foil and beans, then cook for a further 10 mins until the pastry is golden. Turn oven down to 160C/fan 140C/gas
- ☐ Meanwhile, place pumpkin, sugar, eggs, cream and spices in a food processor, then blend until smooth.
- ☐ Pour into the baked pastry case, then bake for 1 hr until the filling has puffed up in the centre (it will sink as it cools).
- ☐ Remove from tin, then leave to cool.
- ☐ Whip the cream with the maple syrup until thickened, then fold in the pecans.
- ☐ Serve spoonfuls of the cream with slices of the pie.

Nutrition Facts



Properties

Glycemic Index:30.81, Glycemic Load:18.17, Inflammation Score:-10, Nutrition Score:17.283043457114%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg

Nutrients (% of daily need)

Calories: 483.86kcal (24.19%), Fat: 20.13g (30.97%), Saturated Fat: 9.78g (61.15%), Carbohydrates: 69.47g (23.16%), Net Carbohydrates: 67.33g (24.48%), Sugar: 32.01g (35.57%), Cholesterol: 81.27mg (27.09%), Sodium: 335.39mg (14.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.9g (15.8%), Vitamin A: 6441.37IU (128.83%), Manganese: 0.97mg (48.75%), Vitamin B2: 0.57mg (33.52%), Selenium: 19.74µg (28.21%), Vitamin B1: 0.41mg (27.61%), Folate: 73.83µg (18.46%), Iron: 3.13mg (17.38%), Vitamin B3: 3.1mg (15.48%), Phosphorus: 130.54mg (13.05%), Potassium: 406.86mg (11.62%), Copper: 0.22mg (10.81%), Calcium: 90.55mg (9.06%), Fiber: 2.14g (8.56%), Vitamin E: 1.27mg (8.49%), Vitamin C: 6.55mg (7.94%), Magnesium: 31.27mg (7.82%), Vitamin B5: 0.71mg (7.11%), Zinc: 1.01mg (6.74%), Vitamin B6: 0.11mg (5.51%), Vitamin D: 0.79µg (5.28%), Vitamin K: 3.71µg (3.53%), Vitamin B12: 0.16µg (2.58%)