



## Crustless Pumpkin Pie

READY IN



320 min.

SERVINGS



8

CALORIES



166 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup oats
- 1 tablespoon butter softened
- 16 ounces pumpkin puree canned
- 12 ounces skim milk canned
- 3 egg whites fat-free
- 0.5 cup granulated sugar
- 0.5 cup flour all-purpose
- 1.5 teaspoons pumpkin pie spice

- 0.8 teaspoon double-acting baking powder
- 0.1 teaspoon salt
- 2 teaspoons orange zest grated

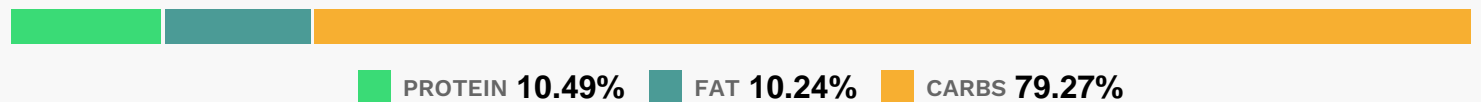
## Equipment

- food processor
- bowl
- oven
- knife
- blender

## Directions

- Heat oven to 350°F. Spray pie plate, 10x1 1/2 inches, with nonstick cooking spray.
- In small bowl, mix all Brown Sugar Topping ingredients; set aside.
- Place all Pumpkin Pie ingredients in blender or food processor in order listed. Cover and blend until smooth.
- Pour into pie plate.
- Sprinkle with topping.
- Bake 50 to 55 minutes or until knife inserted in center comes out clean. Cool 15 minutes. Refrigerate about 4 hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:41.92, Glycemic Load:14.79, Inflammation Score:-10, Nutrition Score:10.660869598389%

## Nutrients (% of daily need)

Calories: 166.22kcal (8.31%), Fat: 1.96g (3.01%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 34.14g (11.38%), Net Carbohydrates: 31.93g (11.61%), Sugar: 23.33g (25.92%), Cholesterol: 1.28mg (0.43%), Sodium: 134.03mg (5.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.03%), Vitamin A: 8976.5IU (179.53%), Manganese:

0.31mg (15.68%), Vitamin B2: 0.18mg (10.67%), Calcium: 105.8mg (10.58%), Selenium: 7.04µg (10.05%), Phosphorus: 96.52mg (9.65%), Vitamin K: 9.28µg (8.84%), Fiber: 2.2g (8.81%), Iron: 1.45mg (8.07%), Vitamin B1: 0.11mg (7.61%), Magnesium: 29.33mg (7.33%), Potassium: 237.34mg (6.78%), Folate: 23.54µg (5.88%), Vitamin B5: 0.47mg (4.65%), Vitamin E: 0.69mg (4.57%), Copper: 0.09mg (4.56%), Vitamin B12: 0.26µg (4.31%), Vitamin B3: 0.77mg (3.86%), Vitamin C: 3.15mg (3.82%), Vitamin B6: 0.07mg (3.42%), Vitamin D: 0.47µg (3.12%), Zinc: 0.44mg (2.94%)