



Dad's Pumpkin Chiffon Pie

READY IN



210 min.

SERVINGS



8

CALORIES



366 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 3 eggs
- 0.3 ounce gelatin powder unflavored
- 16 ounce gingersnap cookies
- 1 cup milk
- 2 teaspoons pumpkin pie spice
- 1 cup pumpkin puree
- 0.5 teaspoon salt
- 0.3 cup water

0.5 cup sugar white

Equipment

frying pan

sauce pan

pie form

Directions

- Line one 9 inch pie pan with whole gingersnap cookies, breaking as necessary for fitting.
- In a saucepan over medium heat cook pumpkin puree to heat through, stirring frequently.
- Separate the eggs.
- Combine the egg yolks, 1/2 cup sugar, milk, spices and butter or margarine.
- Add to pumpkin and cook, stirring frequently until mixture is of custard consistency.
- Remove mixture from heat.
- Soften gelatin in the cold water and stir into the pumpkin until dissolved. Chill mixture until it begins to stiffen (about 1 1/2 hours).
- Whip egg whites with the reaming 1/2 cup sugar until stiff. Fold whipped egg whites into the pumpkin mixture. Spoon mixture into the prepared pan and chill until set (about 3 hours).
- Serve topped with whipped cream.

Nutrition Facts

 **PROTEIN 7.98%**  **FAT 26.96%**  **CARBS 65.06%**

Properties

Glycemic Index:19.76, Glycemic Load:9.27, Inflammation Score:-10, Nutrition Score:15.156956558642%

Nutrients (% of daily need)

Calories: 366.07kcal (18.3%), Fat: 11.13g (17.12%), Saturated Fat: 4.35g (27.19%), Carbohydrates: 60.42g (20.14%), Net Carbohydrates: 58.21g (21.17%), Sugar: 26.34g (29.26%), Cholesterol: 72.57mg (24.19%), Sodium: 521.57mg (22.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.82%), Vitamin A: 4994.58IU (99.89%), Manganese: 1.01mg (50.71%), Iron: 4.46mg (24.78%), Vitamin B2: 0.31mg (18.03%), Folate: 61.25µg (15.31%), Selenium: 9.17µg (13.09%), Phosphorus: 123.03mg (12.3%), Copper: 0.24mg (12.08%), Magnesium: 41.49mg

(10.37%), Calcium: 103.55mg (10.35%), Vitamin B3: 2.01mg (10.04%), Vitamin B1: 0.15mg (9.7%), Potassium: 332.36mg (9.5%), Fiber: 2.21g (8.84%), Vitamin E: 1.15mg (7.69%), Vitamin B5: 0.71mg (7.1%), Vitamin K: 6.85µg (6.52%), Vitamin B6: 0.12mg (6.08%), Vitamin B12: 0.32µg (5.29%), Zinc: 0.72mg (4.8%), Vitamin D: 0.67µg (4.44%), Vitamin C: 1.4mg (1.7%)