



Easy Crustless Pumpkin Pie

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



104 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 0.5 cup egg substitute
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.3 cups skim milk
- ☐ 0.8 cup granular sucralose sweetener splenda® (such as)
- ☐ 1 teaspoon vanilla extract

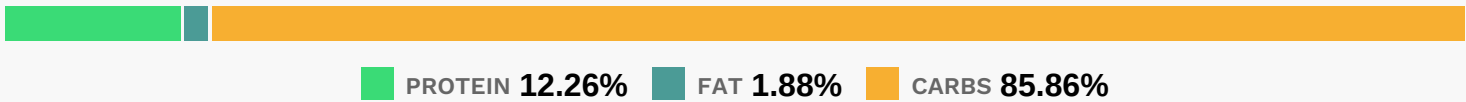
Equipment

- ☐ bowl
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a pie dish.
- ☐ Beat pumpkin puree, milk, sweetener, egg substitute, vanilla extract, cinnamon, ginger, and nutmeg in a bowl until smooth; pour into prepared pie dish.
- ☐ Bake in preheated oven until set, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:19.78, Glycemic Load:9.2, Inflammation Score:-10, Nutrition Score:9.3108695538148%

Nutrients (% of daily need)

Calories: 104.42kcal (5.22%), Fat: 0.23g (0.36%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 23.99g (8%), Net Carbohydrates: 22.27g (8.1%), Sugar: 19.15g (21.28%), Cholesterol: 1.15mg (0.38%), Sodium: 48.33mg (2.1%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 3.43g (6.85%), Vitamin A: 8385.31IU (167.71%), Selenium: 7.25µg (10.36%), Manganese: 0.17mg (8.57%), Vitamin K: 8.61µg (8.2%), Vitamin B2: 0.14mg (8.09%), Calcium: 78.23mg (7.82%), Phosphorus: 71.03mg (7.1%), Fiber: 1.72g (6.87%), Iron: 1.09mg (6.03%), Potassium: 210.03mg (6%), Vitamin B5: 0.6mg (6%), Vitamin E: 0.81mg (5.38%), Magnesium: 19.78mg (4.94%), Vitamin B12: 0.27µg (4.55%), Vitamin D: 0.66µg (4.41%), Vitamin B6: 0.07mg (3.67%), Vitamin B1: 0.05mg (3.52%), Copper: 0.06mg (3.2%), Vitamin C: 2.32mg (2.81%), Zinc: 0.42mg (2.81%), Folate: 9.67µg (2.42%), Vitamin B3: 0.28mg (1.4%)