



 **5%**
HEALTH SCORE

Easy Pumpkin Pie

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



315 kcal

DESSERT

Ingredients

- 15 ounce pumpkin puree canned (not pie mix)
- 2 large eggs
- 1.3 cups flour all-purpose as needed plus more
- 1 tablespoon granulated sugar
- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.5 teaspoon nutmeg
- 0.5 teaspoon salt fine

- 14 ounce condensed milk sweetened canned
- 8 tablespoons butter unsalted cooled melted (1 stick)
- 1 tablespoon vegetable oil

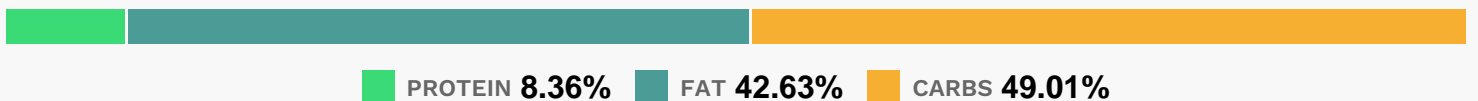
Equipment

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

Directions

- For the crust: Stir the butter, oil, sugar, and salt together in a medium bowl until evenly combined.
- Add the measured flour and stir until a soft dough forms.
- Heat the oven to 350°F and arrange a rack in the lower third.
- Place a baking sheet on the rack while the oven is heating.
- Place all of the ingredients except the whipped cream in a large bowl and whisk until smooth and combined.
- Pour into the chilled pie crust.
- Place the pie on the hot baking sheet and bake until the top starts to brown and the filling is set but still jiggles slightly in the center, about 50 minutes.
- Remove from the oven to a wire rack and let cool completely before serving. Top slices of the pie with whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:28.11, Glycemic Load:23.23, Inflammation Score:-10, Nutrition Score:12.553478292797%

Nutrients (% of daily need)

Calories: 314.86kcal (15.74%), Fat: 15.18g (23.35%), Saturated Fat: 8.57g (53.55%), Carbohydrates: 39.25g (13.08%), Net Carbohydrates: 37.43g (13.61%), Sugar: 24.31g (27.02%), Cholesterol: 74.77mg (24.92%), Sodium: 184.69mg (8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.4%), Vitamin A: 7058.65IU (141.17%), Selenium: 14.89µg (21.28%), Vitamin B2: 0.32mg (18.84%), Phosphorus: 156.15mg (15.62%), Calcium: 136.99mg (13.7%), Vitamin B1: 0.18mg (12.12%), Manganese: 0.24mg (11.79%), Folate: 45.1µg (11.27%), Vitamin K: 10.5µg (10%), Iron: 1.64mg (9.12%), Potassium: 270.68mg (7.73%), Fiber: 1.82g (7.27%), Vitamin B5: 0.71mg (7.07%), Vitamin E: 1.01mg (6.71%), Magnesium: 25.56mg (6.39%), Vitamin B3: 1.24mg (6.2%), Zinc: 0.71mg (4.72%), Vitamin B12: 0.28µg (4.71%), Copper: 0.09mg (4.32%), Vitamin B6: 0.07mg (3.46%), Vitamin C: 2.83mg (3.43%), Vitamin D: 0.45µg (2.98%)