



Easy Pumpkin Pie

READY IN



255 min.

SERVINGS



8

CALORIES



861 kcal

DESSERT

Ingredients

- 1 pie crust dough for apple pie, rolled out and fitted into a 9-inch pie plate
- 2 large eggs
- 0.8 cup brown sugar packed
- 0.8 cup brown sugar packed
- 0.5 teaspoon vanilla extract
- 0.5 teaspoon salt
- 2 teaspoons pumpkin pie spice
- 15 ounces shortening canned ()
- 1 cup cup heavy whipping cream

- 2 tablespoons maple syrup pure
- 1 teaspoon granulated sugar
- 1 cup frangelico

Equipment




- bowl
- oven
- knife
- whisk
- hand mixer
- aluminum foil

Directions

- Using kitchen shears or a paring knife, trim dough to a 1-inch overhang. With floured fingers, fold overhang under itself to form a rim; pinch between thumb and forefinger to form a uniform edge around rim of plate. Crimp with fingertips. Refrigerate pie shell until chilled, about 1 hour.
- Preheat oven to 350 degrees. Line dough with aluminum foil, folding foil over rim of pie plate. Fill with dried beans or pie weights; bake until crust is firm, about 20 minutes. Carefully remove foil and beans. Cool crust completely before filling.
- In a large bowl, whisk together eggs, brown sugar, vanilla, salt, pumpkin-pie spice, and pumpkin.
- Whisk in half-and-half.
- Pour mixture into cooled pie crust.
- Bake until set, about 1 hour. Cool on rack at room temperature, 1 hour, then refrigerate to cool completely.
- Make whipped cream: In a medium bowl, with an electric mixer, beat cream, maple syrup, and granulated sugar until soft peaks form.

Nutrition Facts



 PROTEIN **1.74%**  FAT **72.68%**  CARBS **25.58%**

Properties

Glycemic Index:13.32, Glycemic Load:1.58, Inflammation Score:-3, Nutrition Score:7.4126086701518%

Nutrients (% of daily need)

Calories: 860.64kcal (43.03%), Fat: 70.69g (108.75%), Saturated Fat: 22.29g (139.31%), Carbohydrates: 55.98g (18.66%), Net Carbohydrates: 55.37g (20.14%), Sugar: 44.49g (49.44%), Cholesterol: 80.12mg (26.71%), Sodium: 272.45mg (11.85%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 3.81g (7.61%), Vitamin K: 30.96µg (29.49%), Vitamin E: 3.77mg (25.14%), Manganese: 0.32mg (15.97%), Vitamin B2: 0.21mg (12.57%), Vitamin A: 506.34IU (10.13%), Selenium: 6.49µg (9.27%), Vitamin B5: 0.77mg (7.7%), Calcium: 74.42mg (7.44%), Iron: 1.24mg (6.87%), Phosphorus: 59.56mg (5.96%), Folate: 22.47µg (5.62%), Vitamin B1: 0.08mg (5.6%), Vitamin D: 0.73µg (4.84%), Potassium: 135.96mg (3.88%), Vitamin B3: 0.66mg (3.32%), Vitamin B6: 0.06mg (3.09%), Magnesium: 12.25mg (3.06%), Vitamin B12: 0.16µg (2.65%), Zinc: 0.39mg (2.59%), Copper: 0.05mg (2.52%), Fiber: 0.61g (2.42%)