



Eggnog Pumpkin Pie

READY IN



230 min.

SERVINGS



10

CALORIES



362 kcal

DESSERT

Ingredients

- 1 tablespoon rum dark
- 15 ounce pumpkin puree canned (not pie mix)
- 1.3 cups eggnog
- 3 large eggs
- 1.3 cups flour all-purpose as needed plus more
- 2 tablespoons granulated sugar
- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 1.5 cups cup heavy whipping cream

- 10 servings grating nutmeg whole for grating
- 0.5 teaspoon salt fine
- 8 tablespoons butter unsalted cooled melted (1 stick)
- 1 tablespoon vegetable oil

Equipment

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

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 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 to 1 hour.
- Remove from the oven to a wire rack and let cool completely, about 2 hours. To finish: When ready to serve, chill the clean bowl of a stand mixer and the whisk attachment in the freezer for 10 minutes.
- Place the cream, sugar, and brandy or rum (if using) in the bowl and whisk on high speed until medium peaks form, about 1 to 2 minutes. (Alternatively, you can use a hand whisk and a large chilled bowl.
- Whisk all of the measured ingredients until medium peaks form, about 3 to 4 minutes.)

- Spread or decoratively pipe the whipped cream evenly over the pie and grate a light dusting of nutmeg over top.

Nutrition Facts



PROTEIN 7.42% **FAT 66.92%** **CARBS 25.66%**

Properties

Glycemic Index:29.01, Glycemic Load:12.68, Inflammation Score:-10, Nutrition Score:12.83260861687%

Nutrients (% of daily need)

Calories: 361.99kcal (18.1%), Fat: 27.11g (41.71%), Saturated Fat: 16.07g (100.45%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 21.18g (7.7%), Sugar: 8.08g (8.98%), Cholesterol: 138.95mg (46.32%), Sodium: 168.5mg (7.33%), Alcohol: 0.5g (100%), Alcohol %: 0.4% (100%), Protein: 6.76g (13.52%), Vitamin A: 7571.81IU (151.44%), Selenium: 13µg (18.57%), Vitamin B2: 0.31mg (18.05%), Manganese: 0.29mg (14.61%), Phosphorus: 125.06mg (12.51%), Folate: 46.27µg (11.57%), Vitamin B1: 0.17mg (11.51%), Vitamin K: 11.52µg (10.97%), Iron: 1.81mg (10.07%), Calcium: 95.42mg (9.54%), Vitamin D: 1.42µg (9.47%), Vitamin E: 1.39mg (9.28%), Fiber: 2.21g (8.86%), Vitamin B5: 0.71mg (7.1%), Magnesium: 27.85mg (6.96%), Potassium: 223.34mg (6.38%), Vitamin B3: 1.24mg (6.21%), Vitamin B12: 0.35µg (5.88%), Copper: 0.11mg (5.6%), Zinc: 0.67mg (4.48%), Vitamin B6: 0.09mg (4.45%), Vitamin C: 2.54mg (3.08%)