



WHATSheATE



## Fresh Pumpkin Pie with Salty Roasted Pepitas



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



402 kcal

DESSERT

### Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 0.3 teaspoon canola oil
- ☐ 0.3 cup cornmeal
- ☐ 1 large egg yolk
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 pinch ground cloves

- ☐ 1 teaspoon ground ginger
- ☐ 1.5 cups half and half
- ☐ 3 tablespoons water
- ☐ 0.8 cup brown sugar light packed
- ☐ 0.5 cup pumpkin seeds raw
- ☐ 1 tablespoon sugar
- ☐ 0.5 teaspoon salt
- ☐ 8 tablespoons butter unsalted cold cut into pieces (1 stick)

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ pie form

## Directions

- ☐ To make the crust, combine the flour, cornmeal, sugar and salt in the bowl of a food processor and pulse to combine.
- ☐ Add the butter and pulse 4 or 5 times, until the mixture resembles coarse crumbs.
- ☐ In a small bowl, mix together the ice water and egg yolk.
- ☐ Add the egg mixture to the food processor, and pulse until the crumbs begin to climb the side of the bowl and hold their shape when pressed together. Turn the dough out onto a lightly floured work surface. Using your hands—and a little muscle—form the dough into a 5-inch-diameter disk. Wrap it in plastic wrap and refrigerate it for at least 1 hour before rolling.

- ☐ Unwrap the dough, and using a rolling pin, roll it out on a lightly floured work surface to form an 11-inch circle. Working quickly and carefully, line a 9-inch pie dish with the dough. With your fingertips, make sure that the edge of the pie is smooth and even. Refrigerate it for 20 minutes.
- ☐ Preheat the oven to 350°F.
- ☐ Remove the pie dish from the refrigerator. Line the crust with tin foil, making sure to cover the sides, and fill it with dried beans or pie weights.
- ☐ Bake for 15 minutes. Rotate the dish and bake for another 15 minutes, or until the sides are somewhat firm and hold their shape.
- ☐ Remove the foil and bake for 6 minutes, until the bottom of the crust looks dry and the shell is a very pale golden color.
- ☐ Remove the dish from the oven and let the crust cool. Leave the oven on.
- ☐ To make the pepitas, stir together the pumpkin seeds, salt, and oil in a small bowl. Scatter the seeds onto a small baking sheet and toast in the oven for 12 to 15 minutes, until the seeds are slightly toasted.
- ☐ Remove the baking sheet from the oven and let the pepitas cool.
- ☐ To make the filling, mix together the half-and-half and eggs in a medium bowl.
- ☐ Add the pumpkin puree and mix well. Then add the brown sugar, cinnamon, ginger, salt, and cloves, and mix well. The filling will be very runny.
- ☐ Pour the filling into the pie shell.
- ☐ Sprinkle the pepitas on the filling.
- ☐ Bake for 25 minutes. Rotate the dish and bake for 20 more minutes, or until the center of the pie jiggles just a bit when you touch the oven rack.
- ☐ Transfer the dish to a wire rack and let the pie cool completely.
- ☐ Reprinted from *One Girl Cookies: Recipes for Cakes, Cupcakes, Whoopie Pies, and Cookies* from Brooklyn's Beloved
- ☐ Bakery by Dawn Casale and David Crofton. Copyright © 2012 by One Girl Cookies Ltd. Photos copyright © 2012 by Iain Bagwell. Published by Clarkson Potter/Publishers, a division of Random House, Inc.

## Nutrition Facts



 PROTEIN **7.61%**  FAT **46.15%**  CARBS **46.24%**

## Properties

Glycemic Index:28.57, Glycemic Load:14.01, Inflammation Score:-10, Nutrition Score:14.929565305295%

## Nutrients (% of daily need)

Calories: 401.89kcal (20.09%), Fat: 21.06g (32.41%), Saturated Fat: 11.5g (71.87%), Carbohydrates: 47.5g (15.83%), Net Carbohydrates: 44.55g (16.2%), Sugar: 25.4g (28.22%), Cholesterol: 115.43mg (38.48%), Sodium: 203.06mg (8.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.62%), Vitamin A: 8882.67IU (177.65%), Manganese: 0.58mg (28.99%), Selenium: 14.53µg (20.76%), Phosphorus: 181.12mg (18.11%), Vitamin B2: 0.3mg (17.52%), Iron: 2.67mg (14.83%), Vitamin B1: 0.22mg (14.34%), Folate: 57.15µg (14.29%), Magnesium: 54.58mg (13.64%), Fiber: 2.95g (11.79%), Vitamin K: 10.67µg (10.17%), Calcium: 100.8mg (10.08%), Copper: 0.18mg (9.03%), Vitamin B3: 1.79mg (8.93%), Vitamin E: 1.33mg (8.89%), Potassium: 293.58mg (8.39%), Vitamin B5: 0.79mg (7.89%), Zinc: 1.11mg (7.43%), Vitamin B6: 0.14mg (6.78%), Vitamin B12: 0.26µg (4.38%), Vitamin D: 0.57µg (3.83%), Vitamin C: 2.73mg (3.31%)