



## Ginger-Honey Pumpkin Pie

READY IN



45 min.

SERVINGS



8

CALORIES



380 kcal

DESSERT

### Ingredients

- ☐ 15 ounce pumpkin puree pure canned
- ☐ 3 large eggs
- ☐ 1 tablespoon ginger fresh finely grated peeled
- ☐ 0.5 cup brown sugar packed ()
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup honey
- ☐ 8 servings pie crust dough
- ☐ 0.3 teaspoon salt
- ☐ 8 servings garnish: whipped cream

☐ 1.3 cups whipping cream

## Equipment

☐ bowl

☐ oven

☐ whisk

☐ aluminum foil

☐ pie form

## Directions

☐ Roll out dough on lightly floured surface to 13-inch round.

☐ Transfer to 9-inch deep-dish glass pie dish. Trim overhang to 1/2 inch. Fold overhang under; crimp edges decoratively. Refrigerate 1 hour.

☐ Preheat oven to 375°F. Line crust with foil. Fill with dried beans.

☐ Bake until edges begin to brown, about 17 minutes.

☐ Remove foil and beans.

☐ Bake until golden brown, pressing with back of fork if crust bubbles, about 5 minutes longer.

☐ Transfer to rack. Maintain oven temperature.

☐ Whisk pumpkin, sugar, and honey in large bowl.

☐ Whisk in eggs 1 at a time.

☐ Whisk in 1 1/4 cups cream, ginger, cinnamon, and salt.

☐ Pour into crust.

☐ Bake pie until set, covering edges with foil collar if browning too fast, about 60 minutes. Cool. (Can be made 6 hours ahead.)

☐ Serve at room temperature with whipped cream.

☐ To make a foil collar, fold a 12-inch-long piece of foil into a strip with 3-inch-high sides. Stand the strip on the oven rack around the pie dish. Secure the overhang with a paper clip. The collar doesn't have to touch or cover the crust to protect it.

## Nutrition Facts



 PROTEIN **5.72%**  FAT **51.22%**  CARBS **43.06%**

Properties

Glycemic Index:15.91, Glycemic Load:6.51, Inflammation Score:-10, Nutrition Score:11.295652161474%

Nutrients (% of daily need)

Calories: 380.36kcal (19.02%), Fat: 22.24g (34.21%), Saturated Fat: 11.78g (73.65%), Carbohydrates: 42.06g (14.02%), Net Carbohydrates: 39.81g (14.47%), Sugar: 28.34g (31.49%), Cholesterol: 116.33mg (38.78%), Sodium: 203.94mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.18%), Vitamin A: 8962.52IU (179.25%), Vitamin B2: 0.23mg (13.54%), Selenium: 8.67µg (12.39%), Manganese: 0.24mg (12.24%), Vitamin K: 11.5µg (10.95%), Iron: 1.84mg (10.24%), Phosphorus: 99.51mg (9.95%), Fiber: 2.25g (9.01%), Vitamin E: 1.25mg (8.31%), Folate: 32.26µg (8.07%), Calcium: 73.91mg (7.39%), Vitamin B5: 0.73mg (7.3%), Vitamin D: 0.99µg (6.63%), Potassium: 230.49mg (6.59%), Vitamin B1: 0.09mg (5.91%), Magnesium: 22.97mg (5.74%), Copper: 0.11mg (5.27%), Vitamin B6: 0.1mg (4.93%), Vitamin B3: 0.85mg (4.27%), Vitamin B12: 0.24µg (4.06%), Zinc: 0.58mg (3.88%), Vitamin C: 2.58mg (3.13%)