



Ginger Pumpkin Pie with Toasted Coconut

READY IN



55 min.

SERVINGS



12

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 15 ounce pumpkin canned
- ☐ 2 large eggs
- ☐ 1.5 tablespoons ginger fresh grated peeled
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 14.1 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup coconut or sweetened shaved flaked toasted

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14 ounce condensed milk fat-free sweetened canned

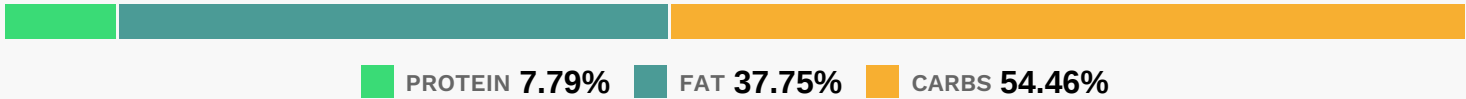
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 8 ingredients in a large bowl, stirring with a whisk until smooth.
- ☐ Roll dough into an 11-inch circle; fit into a 9-inch pie plate. Fold edges under, and flute.
- ☐ Pour pumpkin mixture into prepared crust.
- ☐ Place pie plate on a baking sheet.
- ☐ Place baking sheet on lowest oven rack.
- ☐ Bake at 375 for 40 minutes or until a knife inserted into the center comes out clean.
- ☐ Remove from baking sheet; cool 1 hour on a wire rack. Refrigerate 2 hours or until chilled.
- ☐ Sprinkle coconut over pie.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:11, Inflammation Score:-10, Nutrition Score:11.463043492773%

Nutrients (% of daily need)

Calories: 316.89kcal (15.84%), Fat: 13.45g (20.7%), Saturated Fat: 5.78g (36.15%), Carbohydrates: 43.68g (14.56%), Net Carbohydrates: 41.41g (15.06%), Sugar: 24.96g (27.73%), Cholesterol: 42.25mg (14.08%), Sodium: 251.81mg

(10.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.49%), Vitamin A: 5649.04IU (112.98%), Vitamin B2: 0.25mg (14.84%), Selenium: 10.13µg (14.47%), Phosphorus: 140.66mg (14.07%), Manganese: 0.26mg (12.93%), Calcium: 119.48mg (11.95%), Iron: 1.67mg (9.26%), Fiber: 2.28g (9.11%), Vitamin B1: 0.13mg (8.93%), Folate: 35.39µg (8.85%), Vitamin K: 8.35µg (7.95%), Potassium: 262.62mg (7.5%), Vitamin B5: 0.67mg (6.66%), Magnesium: 25.42mg (6.36%), Vitamin B3: 1.14mg (5.72%), Vitamin E: 0.67mg (4.49%), Copper: 0.09mg (4.44%), Zinc: 0.66mg (4.4%), Vitamin B12: 0.22µg (3.66%), Vitamin B6: 0.07mg (3.6%), Vitamin C: 2.4mg (2.91%), Vitamin D: 0.23µg (1.55%)