



Gingerbread Vegan Pumpkin Pie



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



10

CALORIES



269 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown rice flour
- ☐ 15 oz pumpkin canned
- ☐ 1.5 cups gingerbread spice cookies enjoy life®
- ☐ 0.3 cup dairy-free alternative
- ☐ 0.3 cup non-dairy substitute
- ☐ 2 egg substitute
- ☐ 0.1 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons tapioca flour/starch

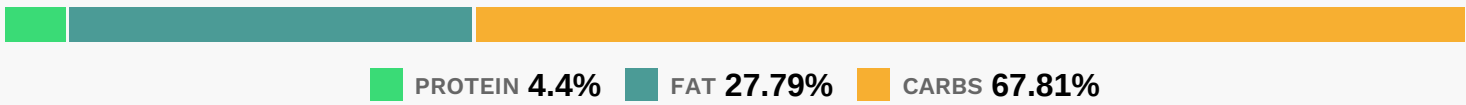
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 350°F and lightly spray a 9" pie plate.To prepare the crust, mix processed cookies with tapioca flour and brown rice flour.
- ☐ Cut in butter using a fork until mixed in. Press mixture into a 9" pie plate.
- ☐ Place pie plate on baking sheet and bake for 6 minutes to set the crust.Reset oven to 425°F.To prepare filling, combine tapioca, sugar, salt, cinnamon, cloves and allspice in a small bowl. Set aside.
- ☐ Mix pumpkin with milk and eggs.
- ☐ Add the sugar mixture until blended.
- ☐ Pour into pie crust.
- ☐ Bake for 15 minutes.Reduce temperature to 350°F, bake for another 50–55 minutes or until knife inserted near center comes out clean.Cool completely.
- ☐ Serve or refrigerate. Enjoy!

Nutrition Facts



Properties

Glycemic Index:12.35, Glycemic Load:10.54, Inflammation Score:-10, Nutrition Score:19.27608687463%

Nutrients (% of daily need)

Calories: 268.96kcal (13.45%), Fat: 9.26g (14.25%), Saturated Fat: 3.24g (20.27%), Carbohydrates: 50.84g (16.95%), Net Carbohydrates: 43.85g (15.94%), Sugar: 19.35g (21.5%), Cholesterol: 0mg (0%), Sodium: 175.75mg (7.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.59%), Manganese: 6.05mg (302.74%), Vitamin A: 6735.08IU (134.7%), Iron: 7.83mg (43.5%), Fiber: 6.99g (27.97%), Calcium: 265.07mg (26.51%), Vitamin K: 20.96µg (19.96%), Magnesium: 67.2mg (16.8%), Vitamin C: 10.53mg (12.77%), Copper: 0.24mg (12.24%), Vitamin B6: 0.24mg (11.92%), Vitamin E: 1.67mg (11.11%), Potassium: 357.44mg (10.21%), Phosphorus: 84.18mg (8.42%), Vitamin B3: 1.65mg (8.26%), Zinc: 1.14mg (7.57%), Vitamin B1: 0.1mg (6.42%), Vitamin B2: 0.09mg (5.5%), Selenium: 3.79µg (5.41%), Folate: 16.88µg (4.22%), Vitamin B5: 0.3mg (3%), Vitamin B12: 0.06µg (1.07%)