



## Gluten-Free Cream Cheese Pumpkin Pie

READY IN



280 min.

SERVINGS



8

CALORIES



251 kcal

DESSERT

### Ingredients

- 1 cup pancake mix gluten free
- 5 tablespoons butter cold
- 3 tablespoons water
- 4 oz cream cheese gluten-free softened
- 2 tablespoons sugar
- 0.3 teaspoon vanilla extract pure
- 1 egg yolk
- 0.5 cup sugar
- 1 teaspoon ground cinnamon

- 0.3 teaspoon ground ginger
- 0.3 teaspoon nutmeg
- 1 Dash salt
- 1 cup pumpkin canned cooked mashed (from 15-oz can)
- 0.5 cup evaporated milk
- 1 eggs slightly beaten
- 1 serving whipped cream

## Equipment

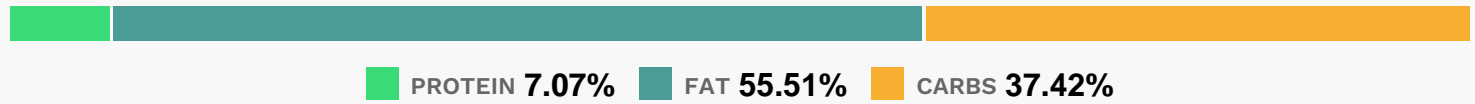
- bowl
- oven
- knife
- blender
- hand mixer
- aluminum foil

## Directions

- Heat oven to 425°F. Grease 9-inch glass pie plate with shortening or cooking spray. In medium bowl, place Bisquick mix.
- Cut in butter with pastry blender or fork (or pulling 2 table knives through mixture in opposite directions), until mixture looks like fine crumbs. Stir in water; shape into ball with hands. Press dough in bottom and up side of pie plate.
- Bake 10 to 12 minutes or until lightly browned; remove from oven. Cool while preparing cream cheese and pumpkin fillings. Reduce oven temperature to 350°F.
- In small bowl, beat cream cheese, 2 tablespoons sugar and the vanilla with electric mixer on low speed until well blended.
- Add egg yolk; beat well.
- Spread cream cheese mixture in bottom of partially baked pie crust.
- In large bowl, mix 1/2 cup sugar, the cinnamon, ginger, nutmeg, salt, pumpkin, evaporated milk and egg. Carefully pour pumpkin mixture over cream cheese mixture.

- Bake at 350°F. 15 minutes. Cover crust edge with strips of foil to prevent excessive browning; bake 30 to 40 minutes longer or until knife inserted in center comes out clean. Cool completely; about 1 1/2 hours. Refrigerate about 2 hours or until serving time.
- Garnish each serving with dollop of whipped cream. Cover and refrigerate any remaining pie.

## Nutrition Facts



### Properties

Glycemic Index:52.4, Glycemic Load:11.73, Inflammation Score:-8, Nutrition Score:5.8239130300024%

### Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

### Nutrients (% of daily need)

Calories: 251.03kcal (12.55%), Fat: 15.79g (24.3%), Saturated Fat: 8.93g (55.83%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 23.42g (8.52%), Sugar: 18.12g (20.14%), Cholesterol: 94.56mg (31.52%), Sodium: 213.97mg (9.3%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 4.53g (9.05%), Vitamin A: 1789.78IU (35.8%), Phosphorus: 127.22mg (12.72%), Vitamin B2: 0.19mg (11.33%), Calcium: 104.71mg (10.47%), Selenium: 6.4µg (9.14%), Manganese: 0.11mg (5.67%), Vitamin B5: 0.47mg (4.71%), Potassium: 163.93mg (4.68%), Folate: 16.93µg (4.23%), Vitamin E: 0.63mg (4.2%), Vitamin B1: 0.06mg (3.85%), Vitamin B12: 0.22µg (3.69%), Zinc: 0.5mg (3.36%), Iron: 0.58mg (3.2%), Vitamin B6: 0.06mg (3.02%), Magnesium: 11.87mg (2.97%), Fiber: 0.54g (2.14%), Vitamin C: 1.71mg (2.08%), Copper: 0.04mg (2.04%), Vitamin B3: 0.35mg (1.75%), Vitamin D: 0.25µg (1.67%), Vitamin K: 1.29µg (1.23%)