



## Gluten-Free Cream Cheese Pumpkin Pie

 Gluten Free

READY IN



280 min.

SERVINGS



8

CALORIES



229 kcal

DESSERT

### Ingredients

- 5 tablespoons butter cold
- 4 oz cream cheese softened
- 1 eggs slightly beaten
- 1 egg yolk
- 0.5 cup evaporated milk
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 0.3 teaspoon nutmeg

- 1 cup pumpkin canned cooked mashed (from 15-oz can)
- 1 Dash salt
- 0.5 cup sugar
- 2 tablespoons sugar
- 0.3 teaspoon vanilla
- 3 tablespoons water
- 8 servings whipped cream
- 1 cup frangelico gluten free
- 1 cup frangelico gluten free

## Equipment

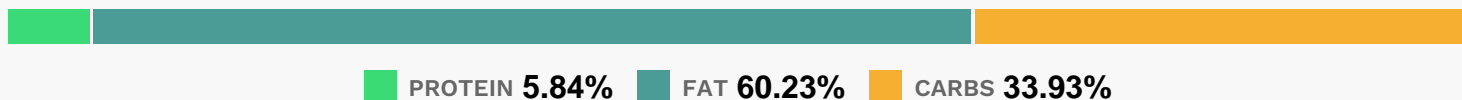
- bowl
- oven
- knife
- blender
- hand mixer
- aluminum foil

## Directions

- Heat oven to 425F. 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 350F.
- 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 350F. 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:12.09, Inflammation Score:-7, Nutrition Score:4.744782683642%

### Flavonoids

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

### Nutrients (% of daily need)

Calories: 229.1kcal (11.46%), Fat: 15.71g (24.17%), Saturated Fat: 9.33g (58.29%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 19.69g (7.16%), Sugar: 18.54g (20.6%), Cholesterol: 87.02mg (29.01%), Sodium: 132.33mg (5.75%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 3.43g (6.85%), Vitamin A: 1785.12IU (35.7%), Vitamin B2: 0.15mg (8.56%), Phosphorus: 81.03mg (8.1%), Calcium: 75.08mg (7.51%), Selenium: 4.88µg (6.97%), Manganese: 0.09mg (4.53%), Vitamin E: 0.66mg (4.43%), Vitamin B5: 0.41mg (4.05%), Potassium: 139.31mg (3.98%), Vitamin B12: 0.18µg (3.02%), Folate: 11.24µg (2.81%), Zinc: 0.4mg (2.68%), Vitamin B6: 0.05mg (2.28%), Magnesium: 8.87mg (2.22%), Iron: 0.37mg (2.04%), Vitamin C: 1.62mg (1.96%), Vitamin D: 0.27µg (1.81%), Vitamin B1: 0.03mg (1.8%), Copper: 0.03mg (1.68%), Vitamin K: 1.39µg (1.32%)