

Gluten Free Crustless Pumpkin Pie



Vegetarian



Gluten Free



Popular

READY IN



115 min.

SERVINGS



8

CALORIES



164 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 15 ounce pumpkin puree canned
- ☐ 2 eggs
- ☐ 1.3 cups evaporated milk
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 0.3 cup pecans chopped
- ☐ 0.5 teaspoon salt

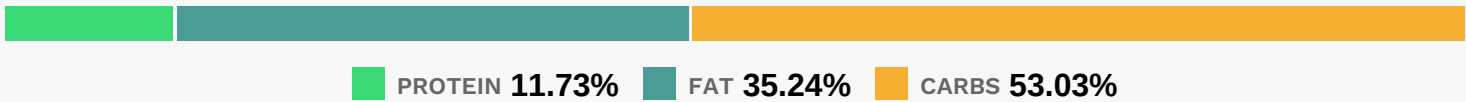
Equipment

- ☐ bowl
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Beat eggs, brown sugar, cinnamon, salt, nutmeg, cloves, and ginger in a bowl until blended. Stir in milk and pumpkin until mixture is smooth; transfer to a 9-inch glass pie dish.
- ☐ Sprinkle with pecans.
- ☐ Bake in preheated oven for 15 minutes; reduce heat to 350 degrees F (175 degrees C) and continue baking until set, 30 to 40 minutes more. Cool for at least 1 hour before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:10.732173930044%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 164.3kcal (8.21%), Fat: 6.68g (10.28%), Saturated Fat: 2.48g (15.48%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 20.57g (7.48%), Sugar: 19.26g (21.4%), Cholesterol: 52.34mg (17.45%), Sodium: 209.43mg (9.11%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (10.01%), Vitamin A: 8428.96IU (168.58%), Manganese: 0.34mg (17.12%), Calcium: 139.8mg (13.98%), Phosphorus: 130.84mg (13.08%), Vitamin B2: 0.21mg (12.25%), Vitamin K: 9.06µg (8.63%), Fiber: 2.05g (8.21%), Potassium: 278.83mg (7.97%), Magnesium: 28.97mg (7.24%), Selenium: 4.82µg (6.89%), Iron: 1.23mg (6.83%), Vitamin B5: 0.68mg (6.81%), Copper: 0.12mg (6.05%), Vitamin E: 0.8mg (5.34%), Zinc: 0.7mg (4.69%), Vitamin B6: 0.08mg (4.1%), Folate: 15.72µg (3.93%), Vitamin B1: 0.06mg (3.92%), Vitamin C: 3.03mg (3.67%), Vitamin B12: 0.16µg (2.68%), Vitamin D: 0.26µg (1.73%), Vitamin B3: 0.34mg (1.72%)