



Gluten-Free Impossibly Easy Pumpkin Pie

 Gluten Free

READY IN



260 min.

SERVINGS



6

CALORIES



208 kcal

DESSERT

Ingredients

- ☐ 1.3 cups pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.5 cup sugar
- ☐ 0.8 cup evaporated milk
- ☐ 1 tablespoon butter softened
- ☐ 1.5 teaspoons pumpkin pie spice
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 1 serving non-dairy whipped topping

☐ 0.5 cup frangelico gluten free

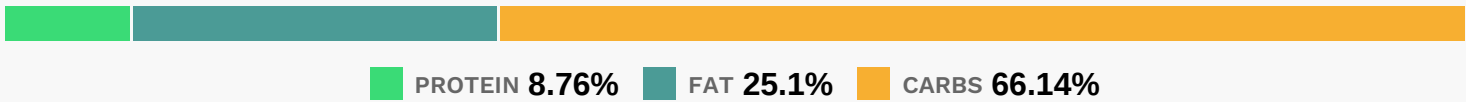
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Heat oven to 350° F. Spray 9-inch glass pie plate with cooking spray.
- ☐ Lightly spoon Bisquick into measuring cup, level off with knife. In large bowl, stir all ingredients except whipped topping with wire whisk until blended.
- ☐ Pour into pie plate.
- ☐ Bake 35 to 38 minutes or until knife inserted in center comes out clean. Cool 30 minutes. Refrigerate about 3 hours or until well chilled.
- ☐ Serve with whipped topping. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:11.64, Inflammation Score:-10, Nutrition Score:10.463043526463%

Nutrients (% of daily need)

Calories: 208.21kcal (10.41%), Fat: 5.96g (9.16%), Saturated Fat: 3.26g (20.37%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 30.58g (11.12%), Sugar: 20.15g (22.39%), Cholesterol: 68.73mg (22.91%), Sodium: 187.25mg (8.14%), Alcohol: 0.23g (100%), Alcohol %: 0.24% (100%), Protein: 4.68g (9.36%), Vitamin A: 4882.28IU (97.65%), Fiber: 4.74g (18.97%), Manganese: 0.31mg (15.65%), Vitamin B2: 0.24mg (14.05%), Phosphorus: 120.04mg (12%), Calcium: 115.98mg (11.6%), Vitamin B5: 1.07mg (10.68%), Selenium: 6.03µg (8.62%), Folate: 29.31µg (7.33%), Vitamin B6: 0.13mg (6.63%), Potassium: 199.26mg (5.69%), Iron: 1.02mg (5.68%), Magnesium: 19.18mg (4.79%), Zinc: 0.6mg (4%), Vitamin C: 2.68mg (3.25%), Vitamin B12: 0.19µg (3.11%), Copper: 0.06mg (2.9%), Vitamin D: 0.32µg (2.17%), Vitamin B1: 0.03mg (2.04%), Vitamin E: 0.27mg (1.81%), Vitamin B3: 0.3mg (1.49%)