



Harvest Pie

READY IN



45 min.

SERVINGS



10

CALORIES



394 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 2.3 pounds butternut squash halved seeded
- ☐ 0.3 cup brown sugar dark packed
- ☐ 0.5 cup egg substitute
- ☐ 0.5 cup evaporated milk fat-free
- ☐ 1 ounce flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground cloves
- ☐ 3 tablespoons pecans chopped
- ☐ 15 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 1 teaspoon vanilla extract

Equipment

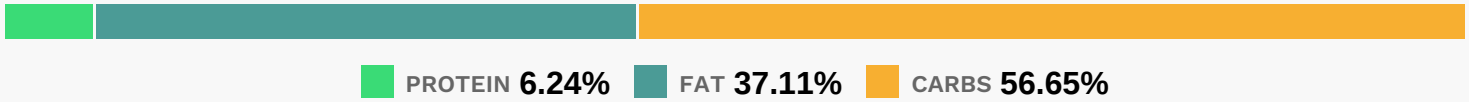
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Position oven rack to lowest setting. Preheat oven to 400
- ☐ Place squash, cut sides down, on a foil-lined baking sheet coated with cooking spray.
- ☐ Bake at 400 30 minutes or until squash is tender. Cool slightly, and peel. Mash pulp to measure 2 1/2 cups.
- ☐ Combine the pulp and milk in a food processor; process until smooth.
- ☐ Add granulated sugar and next 5 ingredients (through cloves); process until smooth.
- ☐ Increase oven temperature to 425
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and brown sugar in a medium bowl; cut in butter using two knives or a pastry blender.
- ☐ Add pecans; toss to combine.

- ☐ Roll dough into a 13-inch circle; fit into a 9-inch deep-dish pie plate coated with cooking spray. Fold edges under; flute.
- ☐ Pour squash mixture into prepared crust.
- ☐ Place pie plate on bottom rack; bake at 425 for 15 minutes.
- ☐ Remove pie from oven.
- ☐ Reduce oven temperature to 35
- ☐ Sprinkle flour mixture evenly over filling; shield edges of piecrust with foil. Return pie plate to bottom rack; bake an additional 40 minutes or until center is set. Cool on a wire rack.
- ☐ Garnish each serving with 1 tablespoon whipped topping, if desired.

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:12.05, Inflammation Score:-10, Nutrition Score:15.556086975595%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 394.34kcal (19.72%), Fat: 16.65g (25.62%), Saturated Fat: 5.7g (35.63%), Carbohydrates: 57.19g (19.06%), Net Carbohydrates: 53.66g (19.51%), Sugar: 24.24g (26.93%), Cholesterol: 9.67mg (3.22%), Sodium: 235.13mg (10.22%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 6.3g (12.61%), Vitamin A: 10978.46IU (219.57%), Manganese: 0.59mg (29.41%), Vitamin C: 21.78mg (26.4%), Vitamin B1: 0.28mg (18.78%), Folate: 66.26µg (16.56%), Fiber: 3.54g (14.14%), Potassium: 489.39mg (13.98%), Selenium: 9.44µg (13.49%), Vitamin E: 1.99mg (13.26%), Vitamin B3: 2.63mg (13.14%), Iron: 2.35mg (13.05%), Magnesium: 50.91mg (12.73%), Vitamin B2: 0.2mg (11.83%), Phosphorus: 110.92mg (11.09%), Calcium: 108mg (10.8%), Vitamin B6: 0.21mg (10.55%), Vitamin B5: 0.91mg (9.09%), Copper: 0.15mg (7.73%), Zinc: 0.72mg (4.82%), Vitamin K: 4.7µg (4.48%), Vitamin D: 0.2µg (1.36%), Vitamin B12: 0.07µg (1.1%)