



Hazelnut Pumpkin Pie

 Vegetarian

READY IN



155 min.

SERVINGS



12

CALORIES



334 kcal

DESSERT

Ingredients

- 0.3 teaspoon allspice
- 0.5 cup butter melted
- 15 ounce pumpkin puree canned
- 8 ounce cream cheese
- 3 eggs
- 2 cups graham cracker crumbs
- 3 tablespoons hazelnut creamer divided
- 0.5 cup heavy cream

- 0.8 cup brown sugar light
- 0.5 teaspoon salt
- 3 tablespoons sugar

Equipment

- bowl
- oven
- springform pan

Directions

- Watch how to make this recipe.
- Heat oven to 350 degrees F.
- To make crust, mix graham crackers, sugar, 1 tablespoon of hazelnut creamer and butter until combined. Press into a 9 to 10-inch springform pan or cake pan making sure to press mixture up the sides and bottom as well, set aside.
- For filling, in a large bowl mix in order cream cheese, brown sugar, eggs 1 by 1 and pumpkin puree. In a small cup stir remaining 2 tablespoons of hazelnut creamer, allspice and salt into heavy cream.
- Pour heavy cream mixture into pumpkin mixture and blend until combined.
- Pour into crust and bake for 35 minutes or until the center sets. Allow to cool to room temperature before serving.

Nutrition Facts



PROTEIN 5.46% **FAT 57.34%** **CARBS 37.2%**

Properties

Glycemic Index:20.92, Glycemic Load:9.95, Inflammation Score:-10, Nutrition Score:9.9734782861627%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate:
0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 334.43kcal (16.72%), Fat: 21.83g (33.59%), Saturated Fat: 11.69g (73.04%), Carbohydrates: 31.87g (10.62%),
Net Carbohydrates: 30.11g (10.95%), Sugar: 21.88g (24.31%), Cholesterol: 91.55mg (30.52%), Sodium: 333.3mg
(14.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.35%), Vitamin A: 6211.13IU (124.22%),
Manganese: 0.22mg (11.14%), Vitamin B2: 0.17mg (10.1%), Phosphorus: 98.55mg (9.86%), Vitamin E: 1.34mg (8.93%),
Iron: 1.52mg (8.42%), Selenium: 5.78µg (8.26%), Vitamin K: 7.43µg (7.08%), Fiber: 1.76g (7.02%), Calcium: 68.21mg
(6.82%), Magnesium: 25.69mg (6.42%), Folate: 21.22µg (5.31%), Potassium: 185.4mg (5.3%), Copper: 0.1mg (5.23%),
Vitamin B5: 0.49mg (4.95%), Vitamin B1: 0.07mg (4.52%), Zinc: 0.67mg (4.45%), Vitamin B6: 0.09mg (4.33%),
Vitamin B3: 0.76mg (3.78%), Vitamin B12: 0.17µg (2.86%), Vitamin D: 0.38µg (2.52%), Vitamin C: 1.72mg (2.09%)