



Healthier Pumpkin Pie

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



162 kcal

DESSERT

Ingredients

- ☐ 15 oz pumpkin puree pure canned
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.8 cup coconut milk
- ☐ 2 large eggs
- ☐ 1 teaspoon ginger fresh grated
- ☐ 1.3 cups graham cracker crumbs
- ☐ 0.8 cup brown sugar light packed
- ☐ 0.1 teaspoon nutmeg freshly grated

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 15 servings whipped cream

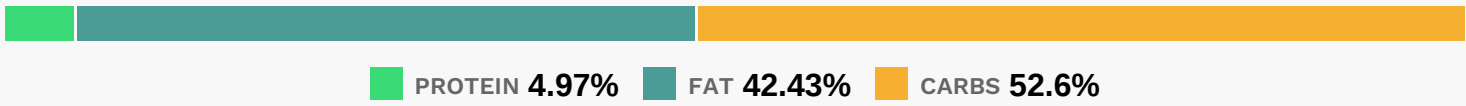
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 350F. In a medium bowl, stir graham cracker crumbs, sugar and oil until evenly moistened (mixture will be dry). Press in bottom and up sides of a 9-inch pie plate.
- ☐ Bake until golden brown and crisp, 12 to 15 minutes.
- ☐ Let cool completely on a wire rack.
- ☐ In a large bowl, whisk pumpkin, coconut milk, eggs, brown sugar, salt and spices.
- ☐ Pour into crust and smooth the top.
- ☐ Bake until set, except in center, and crust is brown, 45 to 60 minutes.
- ☐ Let cool completely on a wire rack. Slice; top with a small dollop of whipped cream (about 1 Tbsp.), if desired.

Nutrition Facts



Properties

Glycemic Index:25.74, Glycemic Load:6.17, Inflammation Score:-10, Nutrition Score:7.3334782901018%

Nutrients (% of daily need)

Calories: 161.98kcal (8.1%), Fat: 7.89g (12.14%), Saturated Fat: 3.75g (23.41%), Carbohydrates: 22.01g (7.34%), Net Carbohydrates: 20.91g (7.6%), Sugar: 16.12g (17.92%), Cholesterol: 29.36mg (9.79%), Sodium: 139.61mg (6.07%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin A: 4489.35IU (89.79%), Vitamin K: 9.69µg (9.23%), Manganese: 0.15mg (7.54%), Iron: 1.26mg (7.02%), Phosphorus: 54.01mg (5.4%), Magnesium: 18.43mg (4.61%), Fiber: 1.1g (4.41%), Vitamin E: 0.63mg (4.22%), Vitamin B2: 0.07mg (3.94%), Potassium: 129.26mg (3.69%), Calcium: 34.65mg (3.47%), Copper: 0.07mg (3.46%), Selenium: 2.39µg (3.42%), Folate: 11.66µg (2.91%), Vitamin B5: 0.27mg (2.66%), Zinc: 0.36mg (2.41%), Vitamin B3: 0.46mg (2.32%), Vitamin B6: 0.04mg (2.23%), Vitamin B1: 0.03mg (2.02%), Vitamin C: 1.31mg (1.59%), Vitamin B12: 0.08µg (1.28%), Vitamin D: 0.16µg (1.05%)