



## Healthified Pumpkin Pie

READY IN



145 min.

SERVINGS



8

CALORIES



302 kcal

DESSERT

### Ingredients

- 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- 3 egg whites fat-free
- 12 oz evaporated milk fat-free canned
- 3 tablespoons skim milk fat-free (skim)
- 1.3 cups flour all-purpose gold medal®
- 1.5 teaspoons pumpkin pie spice
- 0.1 teaspoon salt
- 0.5 cup sugar
- 0.5 teaspoon vanilla

0.3 cup vegetable oil

## Equipment

bowl

oven

knife

whisk

wire rack

aluminum foil

## Directions

Heat oven to 425°F. In medium bowl, mix flour, 1 teaspoon sugar, 1/4 teaspoon salt and the oil with fork until well mixed. Stir in milk, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl. Shape pastry into a ball, using your hands. Press pastry in bottom and up side of 9-inch glass pie plate; flute as desired or press pastry to top edge of pie plate with fingers or fork.

In medium bowl, beat egg whites slightly with wire whisk or egg beater. Beat in remaining filling ingredients.

Pour filling into pastry-lined pie plate; carefully place on oven rack.

Bake 15 minutes.

Reduce oven temperature to 350°F. Cover edge of pie crust with 2- to 3-inch strip of foil to prevent excessive browning.

Bake about 45 minutes longer or until knife inserted in center comes out clean. Cool on cooling rack at least 1 hour before serving. After cooling, pie can remain at room temperature up to an additional 5 hours, then should be covered and refrigerated.

## Nutrition Facts



**PROTEIN 9.05%** **FAT 30.53%** **CARBS 60.42%**

## Properties

Glycemic Index:22.29, Glycemic Load:19.6, Inflammation Score:-10, Nutrition Score:13.007391330989%

## Nutrients (% of daily need)

Calories: 301.9kcal (15.09%), Fat: 10.4g (16%), Saturated Fat: 3.08g (19.27%), Carbohydrates: 46.3g (15.43%), Net Carbohydrates: 41.31g (15.02%), Sugar: 17.22g (19.14%), Cholesterol: 12.5mg (4.17%), Sodium: 213.69mg (9.29%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 6.93g (13.87%), Vitamin A: 4524.92IU (90.5%), Vitamin B2: 0.35mg (20.79%), Manganese: 0.41mg (20.54%), Fiber: 4.99g (19.98%), Selenium: 10.66µg (15.22%), Folate: 58.4µg (14.6%), Calcium: 144.53mg (14.45%), Phosphorus: 139.5mg (13.95%), Vitamin B1: 0.19mg (12.4%), Vitamin K: 12.95µg (12.33%), Vitamin B5: 1mg (10.03%), Iron: 1.64mg (9.12%), Vitamin B3: 1.46mg (7.31%), Potassium: 253.95mg (7.26%), Magnesium: 25.46mg (6.37%), Vitamin B6: 0.12mg (5.99%), Zinc: 0.65mg (4.31%), Vitamin E: 0.64mg (4.3%), Copper: 0.08mg (3.83%), Vitamin C: 2.76mg (3.34%), Vitamin B12: 0.11µg (1.85%)