



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

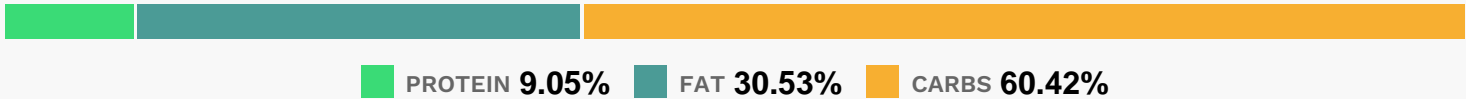
Equipment

- ☐ 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



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%)