

# Impossible Pumpkin Pie

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



237 kcal

DESSERT

## Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 3 tablespoons butter softened
- ☐ 15 ounce pumpkin puree canned
- ☐ 2 eggs beaten
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 0.8 cup sugar white

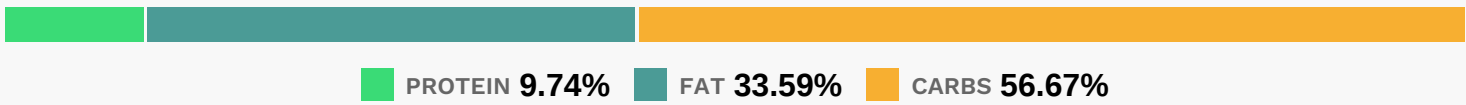
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ pie form

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease one 9-inch pie pan, and set aside.
- ☐ Sift together the flour, baking powder, salt, cinnamon, allspice, ginger and nutmeg.
- ☐ In a large bowl, beat together the sugar, butter and eggs.
- ☐ Mix in the pumpkin, milk and vanilla.
- ☐ Add the sifted ingredients, and beat until smooth.
- ☐ Pour into the prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 50 to 55 minutes, or until a toothpick inserted in center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:47.14, Glycemic Load:17.55, Inflammation Score:-10, Nutrition Score:11.373913039332%

## Nutrients (% of daily need)

Calories: 237.38kcal (11.87%), Fat: 9.02g (13.87%), Saturated Fat: 5.21g (32.57%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 32.25g (11.73%), Sugar: 25.16g (27.95%), Cholesterol: 65.07mg (21.69%), Sodium: 175.84mg (7.65%), Alcohol: 0.34g (100%), Alcohol %: 0.31% (100%), Protein: 5.89g (11.77%), Vitamin A: 8571.43IU (171.43%), Calcium: 165.06mg (16.51%), Vitamin B2: 0.26mg (15.56%), Phosphorus: 149.32mg (14.93%), Manganese: 0.24mg (11.88%), Selenium: 7.51µg (10.73%), Vitamin K: 9.27µg (8.83%), Iron: 1.5mg (8.32%), Fiber: 1.98g (7.93%), Potassium: 276.41mg (7.9%), Folate: 29.77µg (7.44%), Vitamin B5: 0.71mg (7.06%), Magnesium: 27.22mg (6.81%), Vitamin B1: 0.1mg (6.7%), Vitamin E: 0.88mg (5.88%), Copper: 0.09mg (4.47%), Zinc: 0.65mg (4.34%), Vitamin B3: 0.78mg (3.91%), Vitamin C: 3.19mg (3.86%), Vitamin B6: 0.08mg (3.82%), Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.26µg (1.76%)