



Impossible Vegan Pumpkin Pie

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



8

CALORIES



139 kcal

DESSERT

Ingredients

- 2 tsp double-acting baking powder
- 1 tsp cinnamon
- 1 tbsp cornstarch
- 1 tbsp ener-g egg replacer
- 0.3 tsp ground ginger
- 0.3 tsp ground cloves
- 0.5 tsp nutmeg
- 0.5 cup rice flour (see note)

- 0.5 tsp salt
- 1.5 cups non-dairy milk
- 0.8 cup sugar
- 1 tsp vanilla
- 0.3 cup water

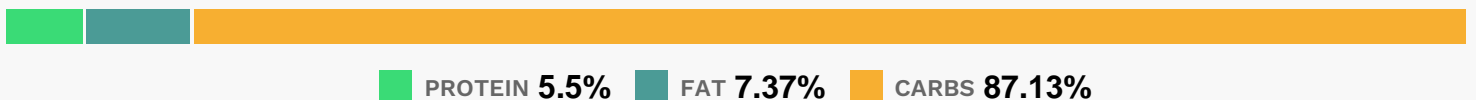
Equipment

- oven
- knife
- blender
- toothpicks
- pie form

Directions

- Put the first five ingredients in the blender, and blend well.
- Add the pumpkin, and puree.
- Add the remaining ingredients and blend on high for 2 minutes, stopping to scrape the sides a couple of times to make sure everything is thoroughly blended.
- Pour into a pie pan and bake for about 60 minutes. The top and edges should be brown, but the edges should not be over-done. (Since this is a custardy pie, using the standard toothpick or knife test does not work; it will remain somewhat moist in the center, but it shouldn't be uncooked.)
- Remove from the oven and allow to cool on the counter. For best results, refrigerate until chilled before eating.

Nutrition Facts



Properties

Glycemic Index:42.31, Glycemic Load:19.15, Inflammation Score:-2, Nutrition Score:4.5104347726573%

Nutrients (% of daily need)

Calories: 138.87kcal (6.94%), Fat: 1.15g (1.77%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 30.55g (10.18%), Net Carbohydrates: 29.89g (10.87%), Sugar: 19.96g (22.18%), Cholesterol: 0mg (0%), Sodium: 291.09mg (12.66%), Alcohol: 0.18g (100%), Alcohol %: 0.27% (100%), Protein: 1.93g (3.86%), Calcium: 150.71mg (15.07%), Manganese: 0.24mg (12.1%), Vitamin B3: 1.73mg (8.65%), Vitamin B12: 0.48µg (7.97%), Vitamin E: 1.14mg (7.6%), Vitamin B6: 0.15mg (7.41%), Vitamin B2: 0.09mg (5.57%), Selenium: 2.72µg (3.88%), Vitamin C: 3.2mg (3.88%), Copper: 0.07mg (3.7%), Folate: 14.71µg (3.68%), Phosphorus: 35.82mg (3.58%), Vitamin D: 0.53µg (3.54%), Vitamin A: 175.12IU (3.5%), Vitamin B1: 0.04mg (2.8%), Fiber: 0.66g (2.64%), Iron: 0.44mg (2.47%), Potassium: 74.73mg (2.14%), Zinc: 0.2mg (1.35%), Magnesium: 4.72mg (1.18%)