



Impossibly Easy Pumpkin-Pecan Pie

 Gluten Free

READY IN



115 min.

SERVINGS



8

CALORIES



245 kcal

DESSERT

Ingredients

- 1 tablespoon butter softened
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 2 eggs
- 1 cup evaporated milk (from 12-oz can)
- 8 pecans
- 0.5 cup pecans chopped
- 0.3 teaspoon pumpkin pie spice
- 1.5 teaspoons pumpkin pie spice

- 0.5 cup sugar
- 1 teaspoon vanilla
- 1.5 cups non-dairy whipped topping frozen thawed
- 0.5 cup frangelico
- 0.5 cup frangelico

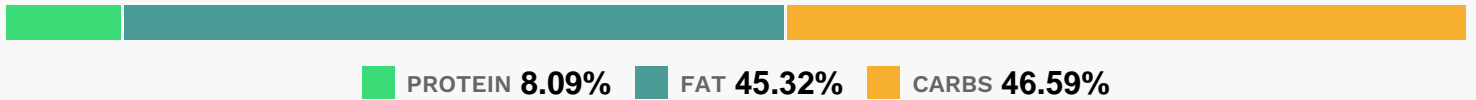
Equipment

- bowl
- oven
- knife

Directions

- Heat oven to 350F. Spray 9-inch glass pie plate with cooking spray.
- In medium bowl, stir pumpkin, Bisquick mix, sugar, milk, butter, 1 1/2 teaspoons pumpkin pie spice, the vanilla and eggs until blended. Stir in chopped pecans.
- Pour into pie plate.
- Bake 35 to 40 minutes or until knife inserted in center comes out clean. Cool completely, about 1 hour.
- Stir whipped topping and 1/4 teaspoon pumpkin pie spice.
- Garnish pie with topping and pecan halves. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:11.26, Glycemic Load:8.76, Inflammation Score:-9, Nutrition Score:9.4465217279351%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg

Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 245.25kcal (12.26%), Fat: 12.73g (19.59%), Saturated Fat: 4.23g (26.44%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 25.79g (9.38%), Sugar: 19.42g (21.58%), Cholesterol: 50.34mg (16.78%), Sodium: 146.24mg (6.36%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 5.12g (10.23%), Vitamin A: 3014IU (60.28%), Manganese: 0.58mg (29.04%), Fiber: 3.65g (14.62%), Phosphorus: 135.02mg (13.5%), Vitamin B2: 0.22mg (12.77%), Calcium: 120.28mg (12.03%), Vitamin B5: 0.83mg (8.26%), Selenium: 5.24µg (7.48%), Copper: 0.14mg (6.96%), Magnesium: 25.91mg (6.48%), Potassium: 209.7mg (5.99%), Zinc: 0.87mg (5.83%), Vitamin B6: 0.11mg (5.51%), Vitamin B1: 0.08mg (5.49%), Folate: 21.85µg (5.46%), Iron: 0.93mg (5.14%), Vitamin B12: 0.18µg (2.97%), Vitamin E: 0.41mg (2.76%), Vitamin C: 1.98mg (2.4%), Vitamin D: 0.25µg (1.68%), Vitamin B3: 0.32mg (1.59%), Vitamin K: 1.08µg (1.03%)