



WHATSheATE



Impossibly Easy Pumpkin Pie



Gluten Free



Popular

READY IN



260 min.

SERVINGS



6

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.5 cup sugar
- ☐ 1 cup evaporated milk
- ☐ 1 tablespoon butter softened
- ☐ 1.5 teaspoons pumpkin pie spice
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 1 serving non-dairy whipped topping

☐ 0.5 cup frangelico

Equipment

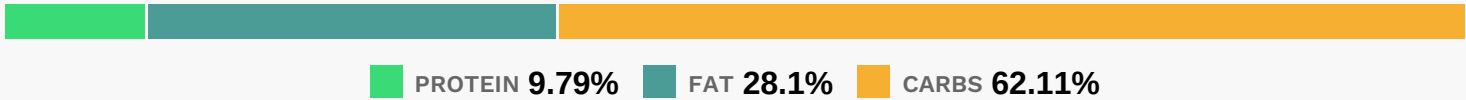
☐ oven

☐ knife

Directions

- ☐ Heat oven to 350°F. Grease 9-inch pie plate.
- ☐ Stir all ingredients except whipped topping until blended.
- ☐ Pour into pie plate.
- ☐ Bake 35 to 40 minutes or until knife inserted in center comes out clean. Cool 30 minutes. Refrigerate about 3 hours or until chilled.
- ☐ Serve with whipped topping. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-9, Nutrition Score:9.5978261621102%

Nutrients (% of daily need)

Calories: 210.73kcal (10.54%), Fat: 6.72g (10.34%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 29.62g (10.77%), Sugar: 21.2g (23.56%), Cholesterol: 66.75mg (22.25%), Sodium: 181.98mg (7.91%), Alcohol: 0.23g (100%), Alcohol %: 0.24% (100%), Protein: 5.27g (10.54%), Vitamin A: 3999IU (79.98%), Fiber: 3.81g (15.24%), Vitamin B2: 0.26mg (15.23%), Calcium: 139.37mg (13.94%), Phosphorus: 136.27mg (13.63%), Manganese: 0.27mg (13.42%), Vitamin B5: 1.01mg (10.07%), Selenium: 6.13µg (8.75%), Folate: 26.17µg (6.54%), Potassium: 215.97mg (6.17%), Vitamin B6: 0.12mg (6%), Iron: 0.92mg (5.12%), Magnesium: 19.92mg (4.98%), Zinc: 0.65mg (4.33%), Vitamin B12: 0.2µg (3.36%), Vitamin C: 2.49mg (3.02%), Copper: 0.05mg (2.6%), Vitamin B1: 0.03mg (2.26%), Vitamin D: 0.34µg (2.24%), Vitamin E: 0.31mg (2.05%), Vitamin B3: 0.28mg (1.38%)