



WHATSheATE



Impossibly Easy Pumpkin Pie



Gluten Free

READY IN



260 min.

SERVINGS



6

CALORIES



219 kcal

DESSERT

Ingredients

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

- ☐ 0.5 cup frangelico
- ☐ 0.5 cup frangelico

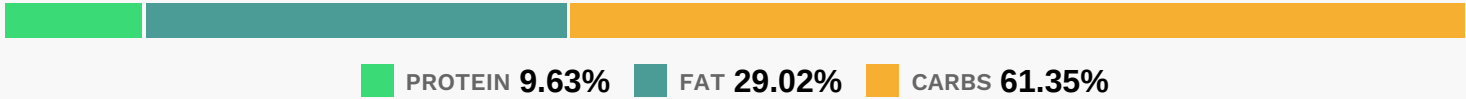
Equipment

- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 350F. 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:9.6695652396783%

Nutrients (% of daily need)

Calories: 219.13kcal (10.96%), Fat: 7.21g (11.1%), Saturated Fat: 3.35g (20.92%), Carbohydrates: 34.31g (11.44%), Net Carbohydrates: 30.5g (11.09%), Sugar: 22.09g (24.54%), Cholesterol: 66.83mg (22.28%), Sodium: 184.68mg (8.03%), Alcohol: 0.23g (100%), Alcohol %: 0.23% (100%), Protein: 5.38g (10.77%), Vitamin A: 4001.78IU (80.04%), Vitamin B2: 0.26mg (15.43%), Fiber: 3.81g (15.24%), Calcium: 142.03mg (14.2%), Phosphorus: 139.05mg (13.9%), Manganese: 0.27mg (13.42%), Vitamin B5: 1.01mg (10.07%), Selenium: 6.22µg (8.88%), Folate: 26.28µg (6.57%), Potassium: 219.76mg (6.28%), Vitamin B6: 0.12mg (6.04%), Iron: 0.93mg (5.14%), Magnesium: 20.18mg (5.05%), Zinc: 0.65mg (4.35%), Vitamin B12: 0.21µg (3.48%), Vitamin C: 2.49mg (3.02%), Copper: 0.05mg (2.62%), Vitamin B1: 0.03mg (2.31%), Vitamin D: 0.34µg (2.24%), Vitamin E: 0.33mg (2.17%), Vitamin B3: 0.28mg (1.4%)