



Incredible Pumpkin Pie

READY IN



70 min.

SERVINGS



8

CALORIES



170 kcal

Ingredients

- 0.7 cup sugar substitute (sugar substitute)
- 0.5 cup pancake mix
- 2 tablespoons butter light
- 12 ounce evaporated skim milk canned
- 0.5 cup egg substitute
- 21 ounces pumpkin puree canned
- 2.5 teaspoons pumpkin pie spice
- 2 teaspoons vanilla

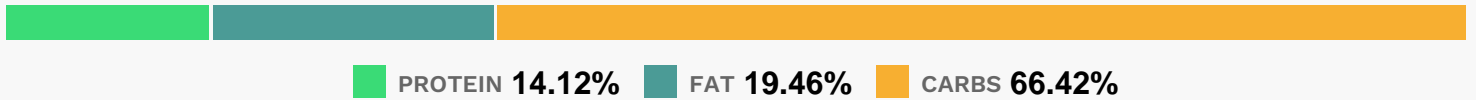
Equipment

- bowl
- oven
- knife
- toothpicks
- pie form

Directions

- Preheat oven to 350*.
- Mix all ingredients in a bowl.
- Spray a 9 inch pie pan with 'Pam'.
- Pour ingredients into pie pan.
- Bake 55 minutes or until a knife or toothpick comes out clean.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:7.6, Inflammation Score:-10, Nutrition Score:12.088260909785%

Nutrients (% of daily need)

Calories: 169.57kcal (8.48%), Fat: 3.82g (5.87%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 26.9g (9.78%), Sugar: 21.16g (23.51%), Cholesterol: 7.47mg (2.49%), Sodium: 156.93mg (6.82%), Alcohol: 0.34g (100%), Alcohol %: 0.27% (100%), Protein: 6.23g (12.46%), Vitamin A: 11930.03IU (238.6%), Calcium: 176.51mg (17.65%), Vitamin B2: 0.26mg (15.17%), Phosphorus: 146.8mg (14.68%), Selenium: 8.41µg (12.01%), Vitamin K: 12.11µg (11.54%), Manganese: 0.23mg (11.35%), Potassium: 350.36mg (10.01%), Fiber: 2.4g (9.62%), Iron: 1.68mg (9.36%), Vitamin B5: 0.9mg (9.05%), Magnesium: 33.71mg (8.43%), Vitamin E: 1.15mg (7.65%), Vitamin D: 1.09µg (7.27%), Zinc: 0.73mg (4.89%), Copper: 0.1mg (4.86%), Vitamin B1: 0.07mg (4.84%), Vitamin B6: 0.1mg (4.83%), Vitamin C: 3.91mg (4.74%), Folate: 18.27µg (4.57%), Vitamin B12: 0.18µg (3.07%), Vitamin B3: 0.49mg (2.44%)