



Individual Pumpkin Pies

READY IN



95 min.

SERVINGS



18

CALORIES



179 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin canned
- ☐ 2 eggs
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 0.5 cup lite syrup karo®
- ☐ 18 baking cups
- ☐ 2 teaspoons pumpkin pie spice spice islands®
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 18 vanilla wafers

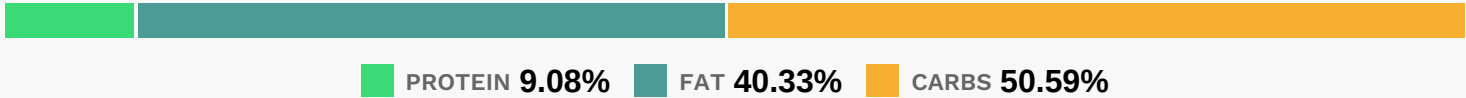
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife

Directions

- ☐ Mix sugar, salt and spice in a bowl.
- ☐ Add eggs and beat slightly. Stir in corn syrup, pumpkin and evaporated milk; blend well.
- ☐ Portion baking cups in muffin pans and place 1 vanilla wafer in each. Fill each two-thirds full of pumpkin mixture.
- ☐ Bake at 300 degrees F for 25 minutes, or until knife inserted in center comes out clean. Cool in pans for 5 minutes; remove.
- ☐ Cool a minimum of 1 hour before serving.
- ☐ Garnish as desired.

Nutrition Facts



Properties

Glycemic Index:8.17, Glycemic Load:7.19, Inflammation Score:-9, Nutrition Score:7.2121739076531%

Nutrients (% of daily need)

Calories: 179.06kcal (8.95%), Fat: 8.3g (12.76%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 23.42g (7.81%), Net Carbohydrates: 22g (8%), Sugar: 18.26g (20.29%), Cholesterol: 24.98mg (8.33%), Sodium: 178.6mg (7.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.41%), Vitamin A: 3760.31IU (75.21%), Phosphorus: 88.12mg (8.81%), Vitamin B2: 0.13mg (7.72%), Calcium: 75.2mg (7.52%), Fiber: 1.41g (5.66%), Magnesium: 21.6mg (5.4%), Vitamin B3: 1.05mg (5.26%), Potassium: 180.09mg (5.15%), Folate: 20.54µg (5.14%), Vitamin B1: 0.07mg (4.64%), Vitamin K: 4.32µg (4.11%), Vitamin B5: 0.4mg (4.01%), Iron: 0.7mg (3.91%), Copper: 0.07mg (3.71%), Manganese: 0.07mg (3.67%), Selenium: 2.34µg (3.34%), Zinc: 0.48mg (3.19%), Vitamin B6: 0.05mg (2.46%), Vitamin E: 0.36mg (2.42%), Vitamin B12: 0.12µg (1.99%), Vitamin C: 1.47mg (1.78%)