



Jen's Maple Pumpkin Pie

READY IN



190 min.

SERVINGS



10

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1 egg white
- ☐ 3 eggs room temperature
- ☐ 4 teaspoons flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup heavy whipping cream
- ☐ 0.3 cup maple syrup

- ☐ 1 pie dough for a single-crust pie
- ☐ 1 pinch salt
- ☐ 3 pound pumpkin cut in half
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon water

Equipment

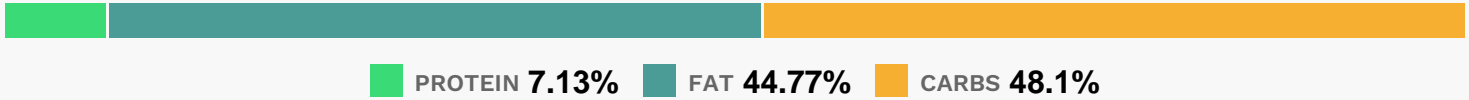
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with parchment paper.
- ☐ Place pumpkin halves, cut-side down, on prepared baking sheet.
- ☐ Roast pumpkin in the preheated oven until tender, about 1 hour. Set aside until cool enough to handle, at least 15 minutes.
- ☐ Remove seeds from pumpkin and discard. Scoop pumpkin flesh into a food processor and blend until smooth. Reduce oven temperature to 375 degrees F (190 degrees C).
- ☐ While pumpkin is roasting, roll out pie dough to fit in a 9-inch pie dish. Crimp edges to form a border. Refrigerate dough until chilled, at least 45 minutes.
- ☐ Line chilled pie dough with 2 sheets of aluminum foil and pour pie weights into the foil.
- ☐ Bake in the preheated oven until crust is set on the sides and lightly golden on the border, about 25 minutes.
- ☐ Remove aluminum foil with pie weights.
- ☐ Whisk egg white and water together in a small bowl.

- ☐ Brush border of pie crust with egg white mixture and return to oven.
- ☐ Bake until bottom of the pie appears dry and set, about 10 minutes more.
- ☐ Remove crust from oven and reduce temperature to 325 degrees F (165 degrees C).
- ☐ Whisk 2 cups pumpkin puree, cream, eggs, brown sugar, maple syrup, flour, vanilla, cinnamon, nutmeg, cloves, and salt together in a bowl until smooth.
- ☐ Pour pumpkin mixture into baked pie crust.
- ☐ Bake pie in the preheated oven until just set in the center, about 50 minutes.

Nutrition Facts



Properties

Glycemic Index:25.85, Glycemic Load:8.31, Inflammation Score:-10, Nutrition Score:13.444782630257%

Flavonoids

Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg

Nutrients (% of daily need)

Calories: 282.69kcal (14.13%), Fat: 14.45g (22.23%), Saturated Fat: 7.36g (46%), Carbohydrates: 34.93g (11.64%), Net Carbohydrates: 33.71g (12.26%), Sugar: 20.08g (22.32%), Cholesterol: 76mg (25.33%), Sodium: 108.9mg (4.73%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Protein: 5.18g (10.36%), Vitamin A: 12006.12IU (240.12%), Manganese: 0.48mg (24.09%), Vitamin B2: 0.4mg (23.74%), Potassium: 559.98mg (16%), Vitamin C: 12.4mg (15.03%), Vitamin E: 1.88mg (12.55%), Phosphorus: 114.05mg (11.4%), Iron: 1.93mg (10.71%), Folate: 42.57µg (10.64%), Copper: 0.21mg (10.31%), Selenium: 7.15µg (10.22%), Vitamin B1: 0.14mg (9.12%), Vitamin B5: 0.76mg (7.62%), Calcium: 74.89mg (7.49%), Vitamin B3: 1.37mg (6.87%), Magnesium: 25.59mg (6.4%), Vitamin B6: 0.13mg (6.39%), Zinc: 0.81mg (5.4%), Fiber: 1.22g (4.88%), Vitamin D: 0.64µg (4.3%), Vitamin K: 3.6µg (3.43%), Vitamin B12: 0.16µg (2.64%)