



Joy's Creamy Carrot Pie

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



301 kcal

DESSERT

Ingredients

- ☐ 1.3 pounds carrots
- ☐ 2 large eggs
- ☐ 12 oz evaporated milk canned
- ☐ 1 pastry) refrigerated for single-crust 9-inch pie (half of a 15-oz. package at room temperature
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 cup honey

☐ 0.5 teaspoon salt

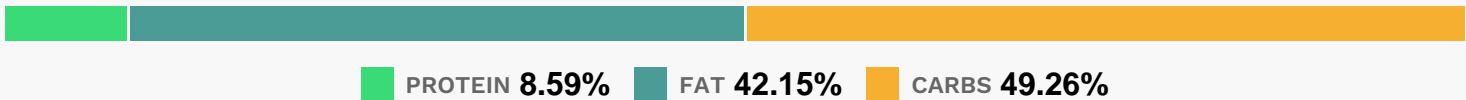
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ In a 3- to 4-quart pan over high heat, bring about 1 quart water to a boil. Peel carrots, cut into 1/2-inch slices, and add to water. Cover and return to a boil, then reduce heat and simmer until carrots are tender when pierced, 10 to 12 minutes.
- ☐ Drain.
- ☐ Meanwhile, gently fit pastry into a 1 1/2-inch-deep, 9-inch pie pan. Fold under any excess pastry at rim and decoratively flute edge. Prick pastry with a fork several times.
- ☐ Bake on the bottom rack of a 350 oven until pastry is golden, 13 to 15 minutes.
- ☐ Mash cooked carrots and measure 1 1/2 cups. Reserve any extra carrots for another use.
- ☐ In a blender, combine the 1 1/2 cups carrots, milk, honey, eggs, cinnamon, ginger, salt, and cloves; whirl until very smooth.
- ☐ Set pie pan on a foil-lined baking sheet on bottom rack of oven. Carefully pour carrot mixture into pastry.
- ☐ Bake until filling barely jiggles in the center when pie is gently shaken, 50 to 55 minutes. If crust rim starts to get too dark, drape affected areas with foil.
- ☐ Cool pie on rack at least 1 hour.
- ☐ Serve warm or cool. If making up to 1 day ahead, cover and chill.

Nutrition Facts



Properties

Glycemic Index:17.79, Glycemic Load:16.74, Inflammation Score:-10, Nutrition Score:12.662608613139%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 301.07kcal (15.05%), Fat: 14.45g (22.23%), Saturated Fat: 4.73g (29.59%), Carbohydrates: 38g (12.67%), Net Carbohydrates: 35.64g (12.96%), Sugar: 22.5g (25%), Cholesterol: 52.3mg (17.43%), Sodium: 297.25mg (12.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.25%), Vitamin A: 10675.99IU (213.52%), Manganese: 0.35mg (17.65%), Vitamin B2: 0.29mg (17.14%), Selenium: 11.16µg (15.94%), Phosphorus: 138.26mg (13.83%), Calcium: 132.3mg (13.23%), Vitamin K: 13.11µg (12.48%), Vitamin B1: 0.17mg (11.49%), Folate: 41.87µg (10.47%), Potassium: 360.88mg (10.31%), Fiber: 2.36g (9.45%), Vitamin B3: 1.87mg (9.36%), Iron: 1.28mg (7.11%), Vitamin B6: 0.14mg (6.81%), Vitamin B5: 0.6mg (5.98%), Magnesium: 23.22mg (5.8%), Vitamin C: 4.54mg (5.5%), Zinc: 0.78mg (5.21%), Vitamin E: 0.75mg (5%), Copper: 0.08mg (4.09%), Vitamin B12: 0.16µg (2.66%), Vitamin D: 0.26µg (1.73%)