



Libby's® Famous Pumpkin Pie

READY IN



70 min.

SERVINGS



8

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 1 9-inch unbaked deep dish pie crust ()
- ☐ 2 eggs
- ☐ 12 fluid ounce nestle® carnation® evaporated milk canned
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 15 ounce libby's® pumpkin 100% pure canned
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar white

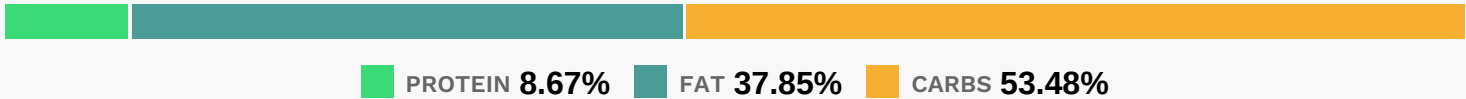
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Combine sugar, salt, cinnamon, ginger and cloves in small bowl. Beat eggs lightly in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.
- ☐ Pour into pie shell.
- ☐ Bake for 15 minutes. Reduce temperature to 350 degrees F.; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours.
- ☐ Serve immediately or refrigerate. (Do not freeze as this will cause the crust to separate from the filling.)

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:15.39, Inflammation Score:-10, Nutrition Score:11.408260957054%

Flavonoids

Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg

Nutrients (% of daily need)

Calories: 295.03kcal (14.75%), Fat: 12.65g (19.46%), Saturated Fat: 4.71g (29.45%), Carbohydrates: 40.21g (13.4%), Net Carbohydrates: 39.38g (14.32%), Sugar: 24.68g (27.43%), Cholesterol: 53.78mg (17.93%), Sodium: 308.65mg (13.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Vitamin A: 4691.4IU (93.83%), Vitamin B2: 0.29mg (17.25%), Manganese: 0.33mg (16.53%), Phosphorus: 154.85mg (15.49%), Calcium: 142.06mg (14.21%), Potassium: 359.78mg (10.28%), Folate: 39.02µg (9.76%), Selenium: 6.02µg (8.6%), Iron: 1.4mg (7.8%), Vitamin B1: 0.12mg (7.74%), Vitamin E: 1.11mg (7.41%), Vitamin B5: 0.71mg (7.14%), Vitamin C: 5.64mg (6.83%), Magnesium: 23.16mg (5.79%), Vitamin B3: 1.14mg (5.68%), Copper: 0.11mg (5.4%), Zinc: 0.8mg (5.31%), Vitamin K: 5.29µg

(5.04%), Vitamin B6: 0.09mg (4.4%), Fiber: 0.83g (3.33%), Vitamin B12: 0.17µg (2.81%), Vitamin D: 0.26µg (1.76%)