



Mama's Pumpkin Pie

READY IN



45 min.

SERVINGS



8

CALORIES



577 kcal

DESSERT

Ingredients

- 0.7 cup firmly brown sugar light packed
- 1.8 cups pumpkin canned
- 2 large eggs lightly beaten
- 1.3 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg
- 15 ounce piecrusts refrigerated
- 0.5 teaspoon salt

- 2 tablespoons sugar
- 1.8 cups condensed milk sweetened

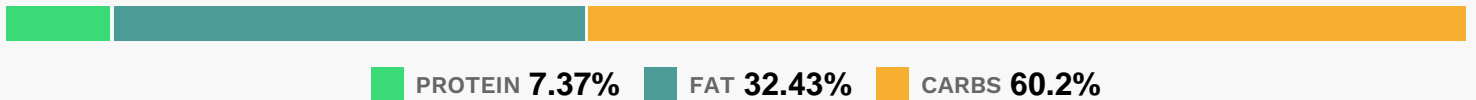
Equipment

- oven
- knife
- wire rack
- hand mixer

Directions

- Fit piecrust into a 9-inch pieplate according to package directions; fold edges under, and crimp.
- Combine pumpkin and remaining ingredients; beat at medium speed with an electric mixer 2 minutes.
- Pour into piecrust.
- Bake at 425 for 15 minutes. Reduce heat to 350; bake 50 minutes or until a knife inserted in center comes out clean. Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:25.76, Glycemic Load:24.34, Inflammation Score:-10, Nutrition Score:16.474347902381%

Nutrients (% of daily need)

Calories: 577.12kcal (28.86%), Fat: 21.09g (32.45%), Saturated Fat: 8.52g (53.25%), Carbohydrates: 88.1g (29.37%), Net Carbohydrates: 84.99g (30.9%), Sugar: 59.05g (65.62%), Cholesterol: 69.26mg (23.09%), Sodium: 473.61mg (20.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.79g (21.58%), Vitamin A: 8588.74IU (171.77%), Vitamin B2: 0.46mg (26.82%), Phosphorus: 252.61mg (25.26%), Selenium: 17.31µg (24.73%), Calcium: 240.37mg (24.04%), Manganese: 0.47mg (23.6%), Vitamin B1: 0.22mg (15%), Iron: 2.67mg (14.82%), Folate: 57.21µg (14.3%), Potassium: 456.1mg (13.03%), Vitamin K: 13.08µg (12.46%), Fiber: 3.11g (12.46%), Vitamin B5: 1.15mg (11.5%), Magnesium: 41.7mg (10.43%), Vitamin B3: 1.82mg (9.1%), Zinc: 1.14mg (7.61%), Vitamin E: 1.06mg (7.09%), Vitamin B12: 0.41µg (6.76%), Copper: 0.13mg (6.42%), Vitamin B6: 0.12mg (6.06%), Vitamin C: 4.01mg (4.86%), Vitamin D:

0.38µg (2.56%)