



Maple-Bourbon Pumpkin Pie

READY IN



45 min.

SERVINGS



8

CALORIES



425 kcal

DESSERT

Ingredients

- 3 tablespoons bourbon
- 0.3 cup brown sugar dark packed
- 1 large egg white
- 2 large eggs
- 0.8 cup evaporated milk fat-free
- 0.5 cup maple syrup
- 1 tablespoon maple syrup
- 15 ounce pumpkin unsweetened canned
- 2 teaspoons pumpkin pie spice

- 15 ounce pie dough refrigerated (such as Pillsbury)
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

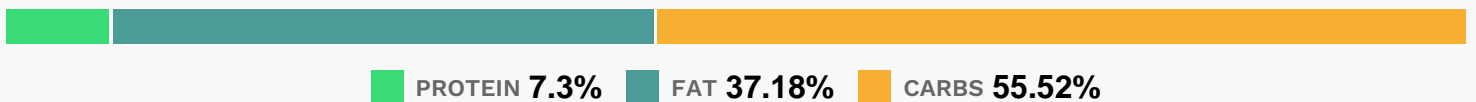
Equipment

- bowl
- oven
- knife
- whisk
- wire rack

Directions

- Preheat oven to 35
- Fit dough into a 9-inch pie plate. Fold edges under; flute.
- Place pie plate in freezer until ready to use.
- Combine milk and the next 9 ingredients (milk through pumpkin) in a large bowl. Stir well with a whisk; set aside.
- Combine cheese and 1 tablespoon syrup in a small bowl; stir with a whisk until smooth.
- Pour pumpkin mixture into crust. Drop cream cheese mixture by small spoonfuls onto filling; swirl with a knife.
- Bake at 350 for 55 minutes or until a knife inserted in center comes out clean; cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:5.56, Inflammation Score:-10, Nutrition Score:15.062173858933%

Nutrients (% of daily need)

Calories: 424.97kcal (21.25%), Fat: 17.05g (26.23%), Saturated Fat: 5.92g (37.02%), Carbohydrates: 57.28g (19.09%), Net Carbohydrates: 54.34g (19.76%), Sugar: 26.75g (29.72%), Cholesterol: 53.35mg (17.78%), Sodium: 347.34mg (15.1%), Alcohol: 2.05g (100%), Alcohol %: 1.4% (100%), Protein: 7.53g (15.07%), Vitamin A: 8398.37IU (167.97%), Manganese: 0.93mg (46.37%), Vitamin B2: 0.56mg (32.8%), Iron: 2.58mg (14.33%), Phosphorus: 131.42mg (13.14%), Folate: 51.73µg (12.93%), Calcium: 128.65mg (12.86%), Vitamin B1: 0.19mg (12.75%), Selenium: 8.6µg (12.29%), Vitamin K: 12.71µg (12.1%), Fiber: 2.94g (11.78%), Potassium: 323.9mg (9.25%), Vitamin B3: 1.73mg (8.66%), Magnesium: 34.14mg (8.54%), Vitamin B5: 0.79mg (7.9%), Vitamin E: 0.99mg (6.58%), Copper: 0.12mg (5.94%), Zinc: 0.85mg (5.67%), Vitamin B6: 0.1mg (4.78%), Vitamin C: 2.8mg (3.39%), Vitamin B12: 0.15µg (2.55%), Vitamin D: 0.27µg (1.82%)