



Maple Walnut Pumpkin Pie

READY IN



45 min.

SERVINGS



8

CALORIES



439 kcal

DESSERT

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 3 tablespoons butter
- ☐ 15 ounce pumpkin canned
- ☐ 14 ounce eagle brand® condensed milk sweetened canned
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ginger
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon peppermint flavoring

- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 1 unbaked pie shell ()
- ☐ 0.5 cup walnuts chopped

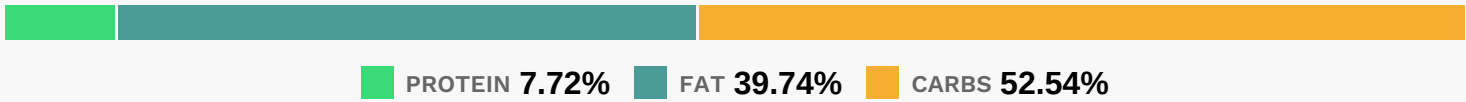
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ In large mixing bowl, combine pumpkin, sweetened condensed milk, eggs, cinnamon, maple flavoring, ginger, nutmeg and salt; mix well.
- ☐ Pour into pie shell.
- ☐ Bake at 425 degrees F for 15 minutes. Reduce oven to 350 degrees F; continue baking 30 minutes.
- ☐ In medium mixing bowl, combine brown sugar, flour and cinnamon; cut in butter until crumbly. Stir in nuts.
- ☐ Remove pie from oven; top evenly with crumb mixture. Return to oven 10 minutes. Cool.
- ☐ Garnish as desired. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:19.46, Inflammation Score:-10, Nutrition Score:15.705652236938%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 439.46kcal (21.97%), Fat: 19.88g (30.59%), Saturated Fat: 7.38g (46.12%), Carbohydrates: 59.15g (19.72%), Net Carbohydrates: 56.49g (20.54%), Sugar: 41.75g (46.39%), Cholesterol: 69.08mg (23.03%), Sodium: 363.32mg (15.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.39%), Vitamin A: 8597.74IU (171.95%), Manganese: 0.67mg (33.7%), Phosphorus: 223.55mg (22.36%), Vitamin B2: 0.37mg (21.72%), Selenium: 13.78µg (19.68%), Calcium: 185.32mg (18.53%), Vitamin K: 14.09µg (13.42%), Copper: 0.25mg (12.45%), Folate: 47.83µg (11.96%), Iron: 2.11mg (11.74%), Magnesium: 45.18mg (11.3%), Vitamin B1: 0.17mg (11.15%), Potassium: 385.07mg (11%), Fiber: 2.66g (10.63%), Vitamin E: 1.33mg (8.87%), Vitamin B5: 0.87mg (8.74%), Zinc: 1.24mg (8.26%), Vitamin B3: 1.4mg (6.98%), Vitamin B6: 0.14mg (6.79%), Vitamin B12: 0.33µg (5.42%), Vitamin C: 3.63mg (4.4%), Vitamin D: 0.32µg (2.13%)