



## Mincemeat and Pumpkin Layer Pie



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

DESSERT

### Ingredients

- 1 eggs beaten
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 1.5 cups meatless mincemeat prepared
- 1 cup pumpkin puree
- 0.3 teaspoon salt
- 1 cup whipped cream
- 0.5 cup sugar white

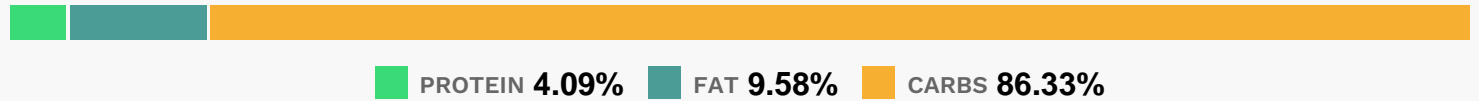
# Equipment

oven

# Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Beat together egg, pumpkin, sugar, spices, and salt with rotary beater.
- Spread mincemeat into the bottom of the pastry shell.
- Pour pumpkin mixture over mincemeat.
- Bake for 35 to 40 minutes.
- Serve with whipped cream, slightly warm or cool, but not cold.

# Nutrition Facts



# Properties

Glycemic Index:33.35, Glycemic Load:12.34, Inflammation Score:-10, Nutrition Score:7.2943478226662%

# Nutrients (% of daily need)

Calories: 284.96kcal (14.25%), Fat: 3.12g (4.8%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 63.23g (21.08%), Net Carbohydrates: 60.65g (22.05%), Sugar: 56.75g (63.05%), Cholesterol: 34.88mg (11.63%), Sodium: 424.22mg (18.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin A: 6463.57IU (129.27%), Fiber: 2.58g (10.34%), Vitamin K: 6.8µg (6.47%), Manganese: 0.1mg (4.77%), Iron: 0.73mg (4.04%), Vitamin E: 0.58mg (3.85%), Vitamin B2: 0.07mg (3.84%), Phosphorus: 38mg (3.8%), Selenium: 2.66µg (3.8%), Potassium: 110.3mg (3.15%), Vitamin B5: 0.31mg (3.07%), Magnesium: 11.63mg (2.91%), Calcium: 26.87mg (2.69%), Copper: 0.05mg (2.63%), Folate: 8.72µg (2.18%), Vitamin C: 1.72mg (2.09%), Vitamin B6: 0.04mg (1.99%), Vitamin B12: 0.09µg (1.57%), Zinc: 0.21mg (1.39%), Vitamin D: 0.19µg (1.24%), Vitamin B1: 0.02mg (1.12%)