



Mincemeat and Pumpkin Layer Pie

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

DESSERT

Ingredients

- 1 eggs beaten
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 1.5 cups meatless mincemeat prepared
- 8 inch pastry shell prepared
- 1 cup pumpkin puree
- 0.3 teaspoon salt
- 1 cup whipped cream

0.5 cup sugar white

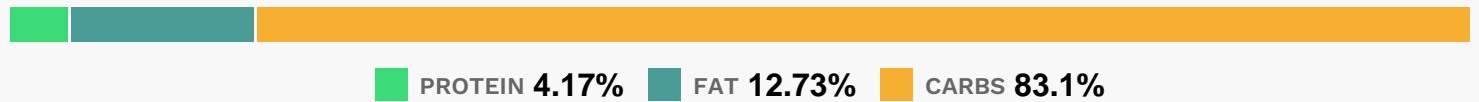
Equipment

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:42.68, Glycemic Load:13.17, Inflammation Score:-10, Nutrition Score:7.594782564951%

Nutrients (% of daily need)

Calories: 303.62kcal (15.18%), Fat: 4.41g (6.78%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 64.76g (21.59%), Net Carbohydrates: 62.12g (22.59%), Sugar: 56.77g (63.08%), Cholesterol: 34.88mg (11.63%), Sodium: 432.65mg (18.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.49%), Vitamin A: 6463.6IU (129.27%), Fiber: 2.63g (10.54%), Vitamin K: 7.34µg (6.99%), Manganese: 0.11mg (5.6%), Selenium: 3.48µg (4.97%), Iron: 0.81mg (4.52%), Vitamin B2: 0.07mg (4.41%), Phosphorus: 40.03mg (4%), Vitamin E: 0.6mg (3.97%), Potassium: 112.37mg (3.21%), Vitamin B5: 0.31mg (3.07%), Magnesium: 12.17mg (3.04%), Folate: 11.36µg (2.84%), Copper: 0.06mg (2.82%), Calcium: 27.21mg (2.72%), Vitamin C: 1.72mg (2.09%), Vitamin B6: 0.04mg (2.03%), Vitamin B1: 0.03mg (2.02%), Vitamin B12: 0.09µg (1.57%), Vitamin B3: 0.31mg (1.53%), Zinc: 0.23mg (1.5%), Vitamin D: 0.19µg (1.24%)