

Mom's Pumpkin Pie

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



232 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 1 egg yolk
- 3 eggs
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg
- 0.5 cup heavy whipping cream

- 1.5 cups milk
- 2 cups pumpkin puree
- 1 teaspoon salt
- 0.5 cup sugar white

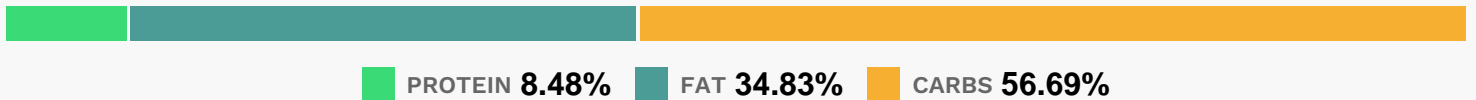
Equipment

- bowl
- oven

Directions

- Preheat oven to 425 degrees F (220 degrees C.)
- In a large bowl, combine eggs, egg yolk, white sugar and brown sugar.
- Add salt, cinnamon, nutmeg, ginger and cloves. Gradually stir in milk and cream. Stir in pumpkin.
- Pour filling into pie shell.
- Bake for ten minutes in preheated oven. Reduce heat to 350 degrees F (175 degrees C), and bake for an additional 40 to 45 minutes, or until filling is set.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:9.56, Inflammation Score:-10, Nutrition Score:11.066956525264%

Nutrients (% of daily need)

Calories: 231.62kcal (11.58%), Fat: 9.27g (14.26%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 33.95g (11.32%), Net Carbohydrates: 32.04g (11.65%), Sugar: 30.59g (33.98%), Cholesterol: 107.98mg (35.99%), Sodium: 343.87mg (14.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.15%), Vitamin A: 9947.29IU (198.95%), Vitamin B2: 0.21mg (12.61%), Phosphorus: 118.89mg (11.89%), Selenium: 8.21µg (11.72%), Calcium: 107.89mg (10.79%), Manganese: 0.21mg (10.69%), Vitamin K: 10.61µg (10.1%), Vitamin D: 1.19µg (7.95%), Vitamin B5: 0.79mg (7.93%), Vitamin B12: 0.46µg (7.69%), Fiber: 1.91g (7.63%), Iron: 1.37mg (7.61%), Potassium: 256.02mg (7.31%), Vitamin E: 1.05mg (6.99%), Magnesium: 24.69mg (6.17%), Vitamin B6: 0.11mg (5.52%), Folate: 19.26µg (4.81%), Copper: 0.09mg (4.57%), Zinc: 0.61mg (4.06%), Vitamin B1: 0.05mg (3.63%), Vitamin C: 2.67mg (3.24%), Vitamin B3:

0.33mg (1.63%)