



Mona's Lighter Pumpkin Pie

READY IN



55 min.

SERVINGS



8

CALORIES



244 kcal

DESSERT

Ingredients

- 15 ounce pumpkin puree canned
- 12 fluid ounce evaporated milk fat-free canned
- 0.5 cup liquid egg substitute
- 1 9-inch single pie crust prepared
- 1 tablespoon pumpkin pie spice
- 0.3 cup granular sucralose sweetener splenda® (such as)
- 0.3 cup granular sucralose sweetener with brown sugar (such as splenda® brown sugar blend)

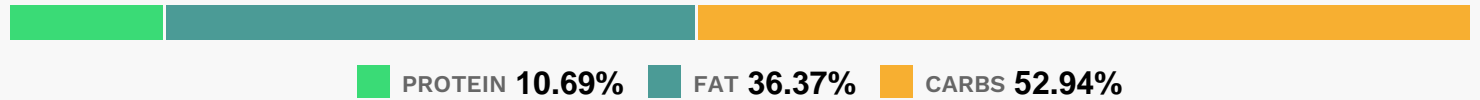
Equipment

- bowl
- oven
- whisk
- pie form

Directions

- Preheat oven to 400 degrees F (200 degrees C). Fit the pie crust into a 9-inch pie dish.
- In a bowl, whisk the egg substitute, sucralose sweetener, sweetener with brown sugar, and pumpkin pie spice until well combined.
- Whisk in the pumpkin puree and evaporated milk until smooth.
- Pour the filling into the pie shell.
- Bake in the preheated oven until the pie filling is set in the center, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:5.7, Inflammation Score:-10, Nutrition Score:12.028260795966%

Nutrients (% of daily need)

Calories: 243.97kcal (12.2%), Fat: 10.11g (15.56%), Saturated Fat: 4.2g (26.27%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 30.85g (11.22%), Sugar: 16.6g (18.45%), Cholesterol: 12.86mg (4.29%), Sodium: 182.16mg (7.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.38%), Vitamin A: 8414.53IU (168.29%), Vitamin B2: 0.27mg (15.9%), Manganese: 0.31mg (15.6%), Calcium: 150.4mg (15.04%), Phosphorus: 138.33mg (13.83%), Selenium: 8.92µg (12.75%), Iron: 1.92mg (10.66%), Vitamin K: 10.84µg (10.32%), Fiber: 2.28g (9.11%), Potassium: 305.57mg (8.73%), Vitamin B5: 0.85mg (8.46%), Vitamin B1: 0.12mg (8.09%), Folate: 30.01µg (7.5%), Magnesium: 29.89mg (7.47%), Vitamin E: 1mg (6.68%), Vitamin B3: 0.99mg (4.97%), Zinc: 0.71mg (4.73%), Copper: 0.09mg (4.48%), Vitamin B6: 0.09mg (4.37%), Vitamin C: 3.33mg (4.03%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.28µg (1.9%)