



Mrs. Sigg's Fresh Pumpkin Pie

 Vegetarian

READY IN



880 min.

SERVINGS



8

CALORIES



230 kcal

DESSERT

Ingredients

- ☐ 2 eggs
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 cup brown sugar light packed
- ☐ 2.5 teaspoons pumpkin pie spice
- ☐ 0.5 teaspoon salt
- ☐ 1 pumpkin

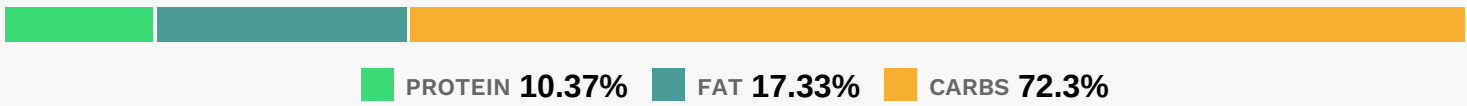
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Cut pumpkin in half and remove seeds.
- ☐ Place cut side down on a cookie sheet lined with lightly oiled aluminum foil.
- ☐ Bake at 325 degrees F (165 degrees C) for 30 to 40 minutes, or until the flesh is tender when poked with a fork. Cool until just warm. Scrape the pumpkin flesh from the peel. Either mash, or puree in small batches in a blender. Increase oven temperature to 450 degrees F (230 degrees C.)
- ☐ In a large bowl, slightly beat eggs.
- ☐ Add brown sugar, flour, salt, 2 cups of the pumpkin puree, pumpkin pie spice, and evaporated milk. Stir well after each addition.
- ☐ Pour mixture into the unbaked pastry shell.
- ☐ Place a strip of aluminum foil around the edge of the crust to prevent over browning.
- ☐ Bake 10 minutes at 450 degrees F (230 degrees C), then reduce the oven temperature to 350 degrees F (175 degrees C).
- ☐ Bake an additional 40 to 50 minutes, or until a toothpick inserted near the center comes out clean.
- ☐ Remove the strip of foil about 20 minutes before the pie is done so that the edge of the crust will be a light golden brown. Cool pie, and refrigerate overnight for best flavor.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:7.86, Inflammation Score:-10, Nutrition Score:14.424347836038%

Flavonoids

Luteolin: 2.77mg, Luteolin: 2.77mg, Luteolin: 2.77mg, Luteolin: 2.77mg

Nutrients (% of daily need)

Calories: 229.86kcal (11.49%), Fat: 4.66g (7.17%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 43.71g (14.57%), Net Carbohydrates: 42.74g (15.54%), Sugar: 35.91g (39.9%), Cholesterol: 53.78mg (17.93%), Sodium: 217.72mg (9.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Vitamin A: 14639.14IU (292.78%), Vitamin B2: 0.38mg (22.52%), Potassium: 769.33mg (21.98%), Vitamin C: 16.29mg (19.74%), Phosphorus: 189.47mg (18.95%), Calcium: 184.94mg (18.49%), Manganese: 0.34mg (17.08%), Vitamin E: 2mg (13.34%), Copper: 0.25mg (12.42%), Iron: 2mg (11.11%), Vitamin B5: 1mg (9.99%), Folate: 38.06µg (9.51%), Magnesium: 35.9mg (8.98%), Selenium: 5.61µg (8.02%), Vitamin B6: 0.16mg (7.94%), Vitamin B1: 0.12mg (7.89%), Zinc: 1.06mg (7.05%), Vitamin B3: 1.21mg (6.07%), Fiber: 0.97g (3.87%), Vitamin B12: 0.17µg (2.81%), Vitamin K: 2.35µg (2.24%), Vitamin D: 0.26µg (1.76%)