



No Crust Pumpkin Pie

 Vegetarian

READY IN

ready

60 min.

SERVINGS

servings

10

CALORIES

calories

200 kcal

DESSERT

Ingredients

- ☐ 0.5 cup buttermilk baking mix
- ☐ 0.5 cup brown sugar
- ☐ 1.7 cups pumpkin canned
- ☐ 4 eggs
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 0.3 cup milk
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 0.5 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

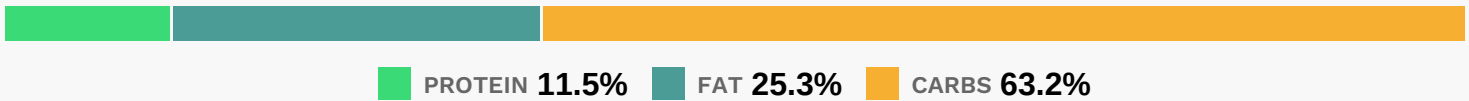
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pie form

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a 10 inch fluted pie pan; dust with baking mix.
- ☐ In a large bowl, mix pumpkin, evaporated milk, milk and eggs together. Stir in baking mix, pie spice, vanilla and salt. Continue stirring while gradually adding the brown sugar and white sugar. When the mixture is thoroughly blended, pour into the prepared pan.
- ☐ Bake in preheated oven for 10 minutes, then reduce oven temperature to 350 degrees F (175 degrees C).
- ☐ Bake for an additional 35 minutes or until knife inserted in center of pie comes out clean.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:7.13, Inflammation Score:-10, Nutrition Score:10.720000049342%

Nutrients (% of daily need)

Calories: 200.33kcal (10.02%), Fat: 5.74g (8.83%), Saturated Fat: 2.65g (16.59%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 30.88g (11.23%), Sugar: 26.8g (29.77%), Cholesterol: 76.86mg (25.62%), Sodium: 264mg (11.48%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 5.87g (11.73%), Vitamin A: 6549.2IU (130.98%), Phosphorus: 165.42mg (16.54%), Vitamin B2: 0.25mg (14.99%), Calcium: 145.9mg (14.59%), Selenium: 7.22µg (10.31%), Manganese: 0.16mg (8.03%), Vitamin B5: 0.76mg (7.58%), Potassium: 256mg (7.31%), Iron: 1.27mg (7.07%),

Vitamin K: 7.33µg (6.98%), Magnesium: 24.08mg (6.02%), Folate: 23.72µg (5.93%), Fiber: 1.37g (5.48%), Vitamin B1: 0.07mg (4.88%), Vitamin B12: 0.28µg (4.68%), Vitamin E: 0.69mg (4.63%), Zinc: 0.65mg (4.36%), Vitamin B6: 0.09mg (4.31%), Copper: 0.08mg (3.98%), Vitamin D: 0.48µg (3.18%), Vitamin C: 2.5mg (3.03%), Vitamin B3: 0.54mg (2.68%)