



 4%  
HEALTH SCORE

## No-Crust Pumpkin Pie

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



212 kcal

DESSERT

### Ingredients

- 1.3 cups sugar
- 3 tablespoons flour all-purpose
- 3 large eggs
- 2 cups pumpkin puree canned
- 0.8 cup evaporated milk
- 1.5 teaspoons vanilla extract
- 0.3 teaspoon ground cinnamon

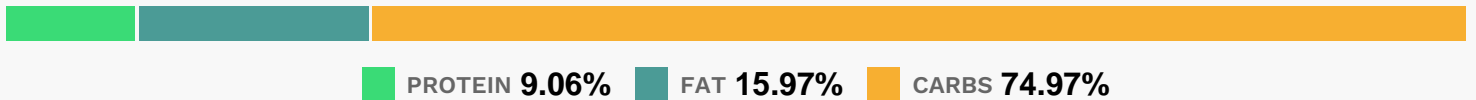
### Equipment

- bowl
- oven
- knife
- wire rack
- baking pan

## Directions

- Preheat the oven to 350°F. In a bowl, combine the sugar and flour.
- Mixing the ingredients in this order helps prevent the flour from clumping in the liquids.
- Pour the pumpkin mixture into a greased 9-inch pie plate. To make a water bath, which helps prevent the pie from cracking, place the pie plate in a 15x10x1-inch baking pan and add 1/2 inch of hot water to the pan.
- Bake the pie until a knife inserted in the center comes out clean, about 50 minutes. You can also check the temperature of the pie to see if it's done: The internal temperature of pumpkin pie should be around 150°.
- Let the pie cool on a wire rack for at least two hours. If you don't let it cool slowly, you could risk a pie with a big crack on top. If you're not eating it right away, store the crustless pumpkin pie, covered, in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:18.76, Glycemic Load:23.37, Inflammation Score:-10, Nutrition Score:10.153043498164%

## Nutrients (% of daily need)

Calories: 212.4kcal (10.62%), Fat: 3.87g (5.95%), Saturated Fat: 1.77g (11.03%), Carbohydrates: 40.88g (13.63%), Net Carbohydrates: 38.99g (14.18%), Sugar: 35.75g (39.73%), Cholesterol: 76.6mg (25.53%), Sodium: 55.17mg (2.4%), Alcohol: 0.26g (100%), Alcohol %: 0.24% (100%), Protein: 4.94g (9.88%), Vitamin A: 9690.24IU (193.8%), Vitamin B2: 0.21mg (12.59%), Selenium: 7.69µg (10.98%), Phosphorus: 109.64mg (10.96%), Vitamin K: 10.03µg (9.55%), Calcium: 89.53mg (8.95%), Iron: 1.38mg (7.65%), Fiber: 1.89g (7.54%), Vitamin B5: 0.7mg (6.96%), Manganese: 0.13mg (6.55%), Potassium: 228.65mg (6.53%), Vitamin E: 0.89mg (5.91%), Folate: 23.2µg (5.8%), Magnesium: 22.75mg (5.69%), Copper: 0.09mg (4.49%), Vitamin B6: 0.08mg (3.98%), Vitamin B1: 0.06mg (3.7%), Zinc: 0.55mg

(3.68%), Vitamin C: 3.02mg (3.67%), Vitamin B12: 0.2µg (3.41%), Vitamin D: 0.4µg (2.66%), Vitamin B3: 0.45mg (2.27%)