



Old Fashioned Paradise Pumpkin Pie

READY IN



120 min.

SERVINGS



8

CALORIES



1323 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons butter softened
- ☐ 8 ounce cream cheese softened
- ☐ 1 eggs beaten
- ☐ 2 eggs beaten
- ☐ 1 cup evaporated milk
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 0.5 cup pecans chopped
- ☐ 9 inch pie shell
- ☐ 1.3 cups pumpkin puree
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

Equipment

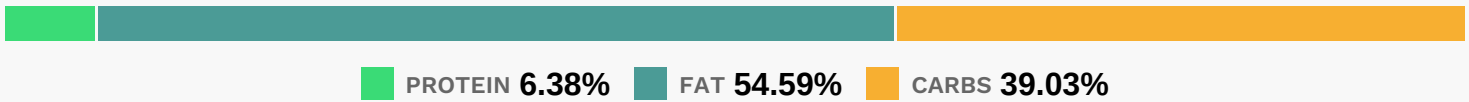
- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ To Make Cheesecake
- ☐ Layer: In a medium mixing bowl, beat cream cheese until smooth. Beat in 1/4 cup sugar, then add vanilla extract and 1 egg. Beat mixture until light and smooth. Chill mixture for 30 minutes, then spread into pastry shell.
- ☐ To Make Pumpkin
- ☐ Layer: In a large bowl, combine pumpkin puree, evaporated milk, 2 eggs, 1/4 cup brown sugar, 1/4 cup white sugar, cinnamon, nutmeg, and salt.
- ☐ Mix until all ingredients are thoroughly combined.
- ☐ Pour pumpkin mixture over cream cheese layer. Cover edges of crust with aluminum foil.
- ☐ Bake in preheated oven for 25 minutes.
- ☐ Remove foil from edges and bake an additional 25 minutes.
- ☐ To Make Pecan Streusel
- ☐ Layer: While pie is in oven, combine flour and 2 tablespoons brown sugar in a small bowl.

- ☐
- Mix well, then add softened butter or margarine and stir until ingredients are combined.
- ☐
- Mix in pecans.
- ☐
- After pie has been in oven for 50 minutes, remove and sprinkle pecan streusel evenly over top.
- ☐
- Bake for an additional 10 to 15 minutes, until a toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:38.39, Glycemic Load:5.87, Inflammation Score:-10, Nutrition Score:27.031304069187%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 1322.73kcal (66.14%), Fat: 80.28g (123.5%), Saturated Fat: 28.34g (177.14%), Carbohydrates: 129.15g (43.05%), Net Carbohydrates: 121.56g (44.21%), Sugar: 15.03g (16.7%), Cholesterol: 106.67mg (35.56%), Sodium: 1164.18mg (50.62%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 21.11g (42.23%), Vitamin A: 6597.16IU (131.94%), Manganese: 1.43mg (71.45%), Vitamin B1: 0.72mg (47.73%), Folate: 180.05µg (45.01%), Iron: 7.07mg (39.28%), Vitamin B2: 0.66mg (39.07%), Vitamin B3: 6.52mg (32.58%), Phosphorus: 324.51mg (32.45%), Selenium: 22.22µg (31.74%), Fiber: 7.59g (30.34%), Vitamin K: 23.95µg (22.81%), Calcium: 182.79mg (18.28%), Vitamin B5: 1.76mg (17.56%), Copper: 0.32mg (15.99%), Magnesium: 63.94mg (15.98%), Potassium: 489.32mg (13.98%), Vitamin E: 2.09mg (13.94%), Zinc: 2.01mg (13.38%), Vitamin B6: 0.21mg (10.53%), Vitamin B12: 0.27µg (4.43%), Vitamin C: 2.29mg (2.78%), Vitamin D: 0.36µg (2.41%)