



## Orange-Pumpkin Pies

READY IN



45 min.

SERVINGS



2

CALORIES



258 kcal

DESSERT

### Ingredients

- 0.3 cup pumpkin canned
- 2 tablespoons egg substitute frozen thawed
- 0.5 teaspoon flour all-purpose
- 0.5 cup gingersnaps ( 9 cookies)
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon ground ginger
- 0.1 teaspoon ground nutmeg
- 1 tablespoon butter melted reduced-calorie
- 1 tablespoon orange juice unsweetened

- 2 tablespoons evaporated skimmed milk
- 2 tablespoons sugar
- 2 tablespoons non-dairy whipped topping frozen thawed reduced-calorie

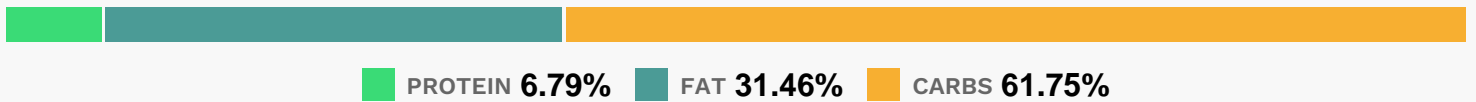
## Equipment

- frying pan
- oven
- whisk
- wire rack

## Directions

- Combine gingersnap crumbs and margarine, stirring well. Coat 2 (3 1/2-inch) tartlet pans with cooking spray.
- Sprinkle flour evenly over bottom of each pan. Press crumb mixture on bottom and up three-fourths sides of pans.
- Bake at 375 for 5 minutes.
- Combine pumpkin and next 7 ingredients, stirring well with a wire whisk.
- Pour evenly into prepared crusts.
- Bake at 375 for 30 minutes or until set.
- Let cool completely on a wire rack. Top each pie with 1 tablespoon whipped topping.

## Nutrition Facts



## Properties

Glycemic Index:152.67, Glycemic Load:9.38, Inflammation Score:-10, Nutrition Score:12.113043505213%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 258.13kcal (12.91%), Fat: 9.23g (14.21%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 40.78g (13.59%), Net Carbohydrates: 38.76g (14.1%), Sugar: 21.85g (24.27%), Cholesterol: 0.54mg (0.18%), Sodium: 266.36mg (11.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.97%), Vitamin A: 6693.68IU (133.87%), Manganese: 0.6mg (29.78%), Iron: 2.79mg (15.51%), Selenium: 8.95µg (12.79%), Vitamin B2: 0.2mg (11.8%), Folate: 36.13µg (9.03%), Vitamin E: 1.21mg (8.07%), Fiber: 2.01g (8.05%), Potassium: 269.42mg (7.7%), Magnesium: 29.65mg (7.41%), Vitamin C: 6.07mg (7.36%), Calcium: 73.15mg (7.32%), Phosphorus: 72.87mg (7.29%), Vitamin B1: 0.11mg (7.17%), Vitamin K: 7.5µg (7.15%), Copper: 0.14mg (7.11%), Vitamin B5: 0.62mg (6.16%), Vitamin B3: 1.19mg (5.96%), Vitamin B6: 0.09mg (4.35%), Zinc: 0.47mg (3.16%), Vitamin D: 0.42µg (2.81%), Vitamin B12: 0.16µg (2.62%)