



## Our Favorite Creamy Pumpkin Pie

READY IN



85 min.

SERVINGS



25

CALORIES



114 kcal

DESSERT

### Ingredients

- 0.5 cup brown sugar packed
- 29 oz pumpkin canned
- 8 oz knudsen cream sour
- 2 eggs
- 0.5 cup granulated sugar
- 2.5 tsp pumpkin pie spice
- 1 ready-to-use pie crust refrigerated
- 0.5 cup whipping cream

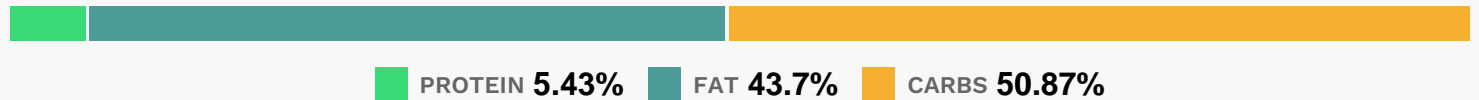
## Equipment

- oven
- whisk

## Directions

- Heat oven to 450F.
- Line 9-inch pie plate with crust; prick bottom and side with fork.
- Bake 9 to 10 min. or until lightly browned. Cool while preparing filling.
- Reduce oven temperature to 350F.
- Whisk remaining ingredients until blended; pour into crust.
- Bake 55 min. or until filling puffs around edge and center is almost set. Cool completely.

## Nutrition Facts



## Properties

Glycemic Index:2.8, Glycemic Load:2.79, Inflammation Score:-10, Nutrition Score:7.0008695747541%

## Nutrients (% of daily need)

Calories: 114.14kcal (5.71%), Fat: 5.71g (8.79%), Saturated Fat: 2.74g (17.09%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 13.82g (5.02%), Sugar: 9.82g (10.91%), Cholesterol: 23.83mg (7.94%), Sodium: 39.91mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Vitamin A: 5263.97IU (105.28%), Vitamin K: 6.11µg (5.81%), Manganese: 0.11mg (5.55%), Fiber: 1.15g (4.6%), Iron: 0.77mg (4.3%), Vitamin B2: 0.07mg (4.15%), Phosphorus: 33.41mg (3.34%), Vitamin E: 0.5mg (3.32%), Selenium: 2.17µg (3.1%), Potassium: 102.12mg (2.92%), Calcium: 28.97mg (2.9%), Folate: 11.18µg (2.8%), Magnesium: 10.87mg (2.72%), Vitamin B5: 0.26mg (2.61%), Copper: 0.05mg (2.41%), Vitamin B1: 0.03mg (2.07%), Vitamin C: 1.53mg (1.86%), Vitamin B6: 0.04mg (1.78%), Vitamin B3: 0.33mg (1.64%), Zinc: 0.18mg (1.19%)