



Our Favorite Creamy Pumpkin Pie

READY IN



85 min.

SERVINGS



10

CALORIES



285 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

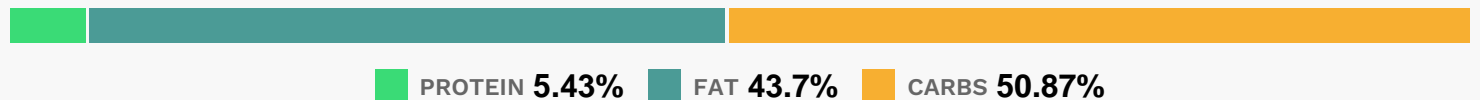
Equipment

- 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:7.01, Glycemic Load:6.98, Inflammation Score:-10, Nutrition Score:10.978260869565%

Nutrients (% of daily need)

Calories: 285.35kcal (14.27%), Fat: 14.28g (21.97%), Saturated Fat: 6.84g (42.74%), Carbohydrates: 37.41g (12.47%), Net Carbohydrates: 34.54g (12.56%), Sugar: 24.55g (27.28%), Cholesterol: 59.56mg (19.85%), Sodium: 99.78mg (4.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin A: 13159.93IU (263.2%), Vitamin K: 15.26µg (14.54%), Manganese: 0.28mg (13.87%), Fiber: 2.87g (11.49%), Iron: 1.93mg (10.74%), Vitamin B2: 0.18mg (10.38%), Phosphorus: 83.52mg (8.35%), Vitamin E: 1.25mg (8.31%), Selenium: 5.43µg (7.75%), Potassium: 255.3mg (7.29%), Calcium: 72.42mg (7.24%), Folate: 27.95µg (6.99%), Magnesium: 27.18mg (6.8%), Vitamin B5: 0.65mg (6.54%), Copper: 0.12mg (6.02%), Vitamin B1: 0.08mg (5.16%), Vitamin C: 3.83mg (4.64%), Vitamin B6: 0.09mg (4.46%), Vitamin B3: 0.82mg (4.09%), Zinc: 0.45mg (2.98%), Vitamin D: 0.37µg (2.44%), Vitamin B12: 0.14µg (2.42%)