



Paradise Pumpkin Pie I

READY IN



45 min.

SERVINGS



10

CALORIES



1027 kcal

DESSERT

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 1 eggs beaten
- ☐ 2 eggs beaten
- ☐ 1 cup evaporated milk
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup maple syrup
- ☐ 9 inch pie shell

- ☐ 1.3 cups pumpkin puree
- ☐ 1 pinch salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

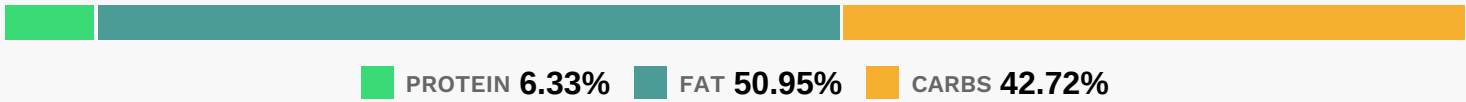
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a small mixing bowl combine cream cheese, 1/4 cup sugar, and vanilla extract. Beat well, then add 1 egg and mix until thoroughly combined.
- ☐ Spread onto the bottom of pie shell and set aside.
- ☐ In a medium bowl combine pumpkin, evaporated milk, 1/2 cup sugar, 2 eggs, cinnamon, ginger, nutmeg, and salt.
- ☐ Mix well, then pour the mixture over the cream cheese layer.
- ☐ Bake in preheated oven for 1 hour or until set in center. Cool, then brush top with maple syrup.

Nutrition Facts



Properties

Glycemic Index:20.86, Glycemic Load:9.31, Inflammation Score:-10, Nutrition Score:21.749999901523%

Nutrients (% of daily need)

Calories: 1027.02kcal (51.35%), Fat: 58.03g (89.28%), Saturated Fat: 20.9g (130.61%), Carbohydrates: 109.5g (36.5%), Net Carbohydrates: 103.99g (37.81%), Sugar: 19.29g (21.43%), Cholesterol: 79.32mg (26.44%), Sodium: 859.16mg (37.35%), Alcohol: 0.07g (100%), Alcohol %: 0.03% (100%), Protein: 16.21g (32.43%), Vitamin A: 5204.72IU (104.09%), Manganese: 1.09mg (54.4%), Vitamin B2: 0.62mg (36.42%), Vitamin B1: 0.53mg (35.35%), Folate: 139.99µg (35%), Iron: 5.45mg (30.29%), Vitamin B3: 5.07mg (25.34%), Selenium: 17.06µg (24.37%), Phosphorus:

242.21mg (24.22%), Fiber: 5.51g (22.05%), Vitamin K: 18.77µg (17.88%), Calcium: 148.38mg (14.84%), Vitamin B5: 1.34mg (13.45%), Magnesium: 45.75mg (11.44%), Potassium: 382.5mg (10.93%), Vitamin E: 1.53mg (10.21%), Copper: 0.19mg (9.38%), Zinc: 1.4mg (9.36%), Vitamin B6: 0.16mg (7.78%), Vitamin B12: 0.21µg (3.46%), Vitamin C: 1.77mg (2.15%), Vitamin D: 0.29µg (1.93%)