

Perfect Pumpkin Pie

READY IN



70 min.

SERVINGS



8

CALORIES



311 kcal

Ingredients

- 15 ounce pumpkin puree canned
- 14 ounce condensed milk sweetened canned
- 2 large eggs
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 0.5 teaspoon salt
- 19-inch pie crust dough ()

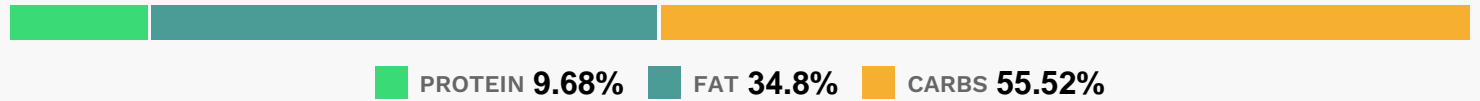
Equipment

- bowl
- oven
- knife
- whisk

Directions

- Preheat oven to 425 degrees F.
- Whisk pumpkin, sweetened condensed milk, eggs, spices and salt in medium bowl until smooth.
- Pour into crust.
- Bake 15 minutes.
- Reduce oven temperature to 350 degrees F and continue baking 35 to 40 minutes or until knife inserted 1 inch from crust comes out clean. Cool.
- Garnish as desired. Store leftovers covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:16.49, Inflammation Score:-10, Nutrition Score:13.009565166805%

Nutrients (% of daily need)

Calories: 311.14kcal (15.56%), Fat: 12.23g (18.81%), Saturated Fat: 5.27g (32.93%), Carbohydrates: 43.89g (14.63%), Net Carbohydrates: 41.54g (15.11%), Sugar: 28.83g (32.04%), Cholesterol: 63.37mg (21.12%), Sodium: 331.09mg (14.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.3%), Vitamin A: 8473.68IU (169.47%), Vitamin B2: 0.34mg (19.71%), Phosphorus: 187.51mg (18.75%), Selenium: 12.9µg (18.43%), Calcium: 169.43mg (16.94%), Manganese: 0.29mg (14.27%), Vitamin K: 10.74µg (10.23%), Iron: 1.75mg (9.74%), Potassium: 338.25mg (9.66%), Fiber: 2.34g (9.37%), Folate: 35.34µg (8.83%), Vitamin B5: 0.88mg (8.79%), Vitamin B1: 0.13mg (8.78%), Magnesium: 31.02mg (7.76%), Vitamin E: 0.89mg (5.97%), Zinc: 0.84mg (5.62%), Vitamin B12: 0.33µg (5.49%), Vitamin B3: 1mg (5%), Copper: 0.09mg (4.75%), Vitamin B6: 0.09mg (4.51%), Vitamin C: 3.54mg (4.29%), Vitamin D: 0.35µg (2.33%)