



Pilgrim Pumpkin Pie

READY IN



45 min.

SERVINGS



10

CALORIES



776 kcal

DESSERT

Ingredients

- ☐ 1 eggs
- ☐ 2 eggs beaten
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 4 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 cups heavy whipping cream
- ☐ 0.3 cup honey

- ☐ 0.5 cup ice water
- ☐ 2 cups pumpkin puree
- ☐ 0.5 teaspoon salt
- ☐ 1.8 cups shortening
- ☐ 1 tablespoon distilled vinegar white
- ☐ 1 tablespoon sugar white

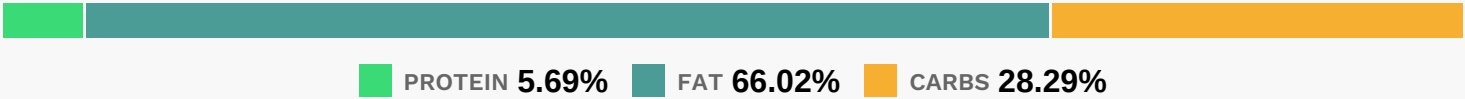
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ To Make Pastry: In a large bowl, mix together flour, 1 tablespoon sugar, and 2 teaspoons salt.
- ☐ Cut in shortening until mixture resembles coarse meal.
- ☐ In a small bowl whisk together vinegar, 1 egg, and ice water.
- ☐ Pour into flour mixture and stir until dough forms a ball. Divide into 4 portions. Freeze 3 of them or use for other pies. Reserve one for Pilgrim Pumpkin Pie.
- ☐ To Make Pumpkin Filling: In a large bowl, combine 2 beaten eggs, pumpkin, 3/4 cup honey or sugar, 1/2 teaspoon salt, cinnamon, 1/2 teaspoon ginger, cloves, and evaporated milk.
- ☐ Mix well.
- ☐ Roll out pastry and fit into a 9 inch pie plate.
- ☐ Pour in pumpkin filling.
- ☐ Bake in preheated oven for 15 minutes, then reduce heat to 350 degrees F (175 degrees C).
- ☐ Bake an additional 45 minutes, until filling is set.
- ☐ To Make Honey Ginger Cream: In a large bowl combine whipping cream, 1/4 cup honey, and 1/2 teaspoon ginger. Whip until soft peaks form. Chill 1 hour before serving.
- ☐ Place a spoonful on top of each slice of pie.

Nutrition Facts



Properties

Glycemic Index:25.24, Glycemic Load:32.09, Inflammation Score:-10, Nutrition Score:19.424347908601%

Nutrients (% of daily need)

Calories: 776.05kcal (38.8%), Fat: 57.64g (88.68%), Saturated Fat: 22.11g (138.21%), Carbohydrates: 55.57g (18.52%), Net Carbohydrates: 52.65g (19.14%), Sugar: 14.92g (16.58%), Cholesterol: 113.18mg (37.73%), Sodium: 191.53mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.36%), Vitamin A: 8482.38IU (169.65%), Selenium: 23.59µg (33.7%), Vitamin B2: 0.54mg (31.72%), Vitamin B1: 0.44mg (29.54%), Vitamin K: 28.99µg (27.61%), Folate: 108.53µg (27.13%), Manganese: 0.53mg (26.33%), Vitamin E: 3.39mg (22.61%), Phosphorus: 197.68mg (19.77%), Iron: 3.45mg (19.18%), Vitamin B3: 3.26mg (16.32%), Calcium: 155.5mg (15.55%), Vitamin B5: 1.22mg (12.16%), Fiber: 2.93g (11.7%), Potassium: 332.57mg (9.5%), Magnesium: 36.47mg (9.12%), Copper: 0.15mg (7.57%), Vitamin D: 1.06µg (7.07%), Zinc: 1.02mg (6.8%), Vitamin B6: 0.11mg (5.49%), Vitamin B12: 0.25µg (4.17%), Vitamin C: 3.07mg (3.72%)