

Poetic Pumpkin Pie

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



519 kcal

DESSERT

Ingredients

- ☐ 2.5 tablespoons brown sugar
- ☐ 0.5 cup butter melted
- ☐ 15 ounce pumpkin puree canned
- ☐ 0.3 cup confectioners' sugar
- ☐ 2 large eggs
- ☐ 2 cups graham cracker crumbs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves

- ☐ 0.3 teaspoon ground ginger
- ☐ 1 pinch ground nutmeg
- ☐ 1 cup heavy whipping cream
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.5 teaspoon salt
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract

Equipment

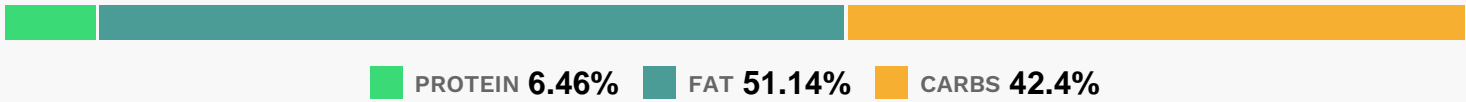
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ pie form

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Combine graham cracker crumbs, butter, confectioners' sugar, and 1 teaspoon cinnamon together in an 8-inch pie pan using a fork; press lightly into bottom and up sides of pan.
- ☐ Bake in the preheated oven until crust is set and lightly browned, about 7 minutes; remove from oven and cool.
- ☐ Increase oven temperature to 425 degrees F (220 degrees C).
- ☐ Whisk pumpkin, sweetened condensed milk, eggs, 1 teaspoon cinnamon, lemon zest, salt, 1/4 teaspoon nutmeg, ginger, and cloves together in a bowl until smooth; pour over cooled crust.
- ☐ Bake in the oven for 15 minutes. Lower oven temperature to 350 degrees F (175 degrees C) and continue baking until filling is set and edges of crust are dark golden brown, 35 to 40 minutes. Cool pie completely.
- ☐ Beat cream, brown sugar, and vanilla extract together in a bowl using an electric mixer until stiff peaks form. Lift your beater: whipped cream should form sharp peaks.

Spread whipped cream over cooled pie and lightly dust with a pinch nutmeg.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:27.81, Inflammation Score:-10, Nutrition Score:13.983478338822%

Nutrients (% of daily need)

Calories: 519.02kcal (25.95%), Fat: 30.06g (46.24%), Saturated Fat: 17.69g (110.57%), Carbohydrates: 56.07g (18.69%), Net Carbohydrates: 53.62g (19.5%), Sugar: 41.91g (46.57%), Cholesterol: 127.49mg (42.5%), Sodium: 467.73mg (20.34%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 8.55g (17.1%), Vitamin A: 9265.4IU (185.31%), Vitamin B2: 0.41mg (23.82%), Phosphorus: 232.71mg (23.27%), Calcium: 207.81mg (20.78%), Selenium: 12.54µg (17.92%), Iron: 2.02mg (11.25%), Potassium: 388.34mg (11.1%), Magnesium: 42.39mg (10.6%), Vitamin K: 10.91µg (10.39%), Fiber: 2.45g (9.79%), Vitamin E: 1.39mg (9.24%), Manganese: 0.18mg (8.85%), Vitamin B5: 0.87mg (8.75%), Zinc: 1.22mg (8.15%), Vitamin B1: 0.12mg (7.84%), Folate: 29.17µg (7.29%), Vitamin B12: 0.4µg (6.69%), Vitamin B3: 1.15mg (5.73%), Vitamin B6: 0.11mg (5.56%), Vitamin D: 0.83µg (5.5%), Vitamin C: 3.88mg (4.7%), Copper: 0.09mg (4.4%)