



Praline Pumpkin Pie

READY IN



335 min.

SERVINGS



8

CALORIES



393 kcal

DESSERT

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 2 tablespoons water cold
- ☐ 2 eggs
- ☐ 0.5 cup brown sugar packed
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.3 teaspoon ground cloves
- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 12 oz evaporated milk canned
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup pecans chopped
- ☐ 1 tablespoon butter softened
- ☐ 0.5 teaspoon ground cinnamon

Equipment

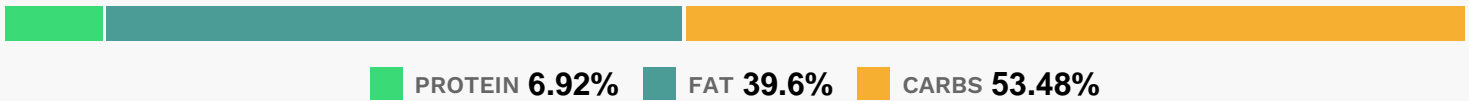
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ rolling pin

Directions

- ☐ In medium bowl, mix flour and salt.
- ☐ Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- ☐ Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- ☐ Gather pastry into a ball. Shape into flattened round on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.
- ☐ Heat oven to 425°F. With floured rolling pin, roll pastry into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; flute as desired.

- ☐ In medium bowl, beat eggs slightly. Stir in all remaining filling ingredients.
- ☐ Pour into pastry-lined pie plate.
- ☐ Bake 15 minutes. Meanwhile, in small bowl, mix all streusel ingredients until crumbly.
- ☐ Reduce oven temperature to 350°F.
- ☐ Bake pie 35 minutes longer.
- ☐ Sprinkle streusel over pie.
- ☐ Bake about 10 minutes or until knife inserted in center comes out clean. Cover and refrigerate at least 4 hours. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:8.65, Inflammation Score:-10, Nutrition Score:14.31391312765%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 393.37kcal (19.67%), Fat: 17.72g (27.26%), Saturated Fat: 5.07g (31.69%), Carbohydrates: 53.86g (17.95%), Net Carbohydrates: 48.35g (17.58%), Sugar: 26.78g (29.75%), Cholesterol: 53.25mg (17.75%), Sodium: 413.28mg (17.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.93%), Vitamin A: 4638.25IU (92.76%), Manganese: 0.69mg (34.48%), Fiber: 5.51g (22.03%), Vitamin B2: 0.33mg (19.51%), Calcium: 166.51mg (16.65%), Phosphorus: 163.31mg (16.33%), Selenium: 10.77µg (15.39%), Folate: 57.07µg (14.27%), Vitamin B1: 0.19mg (12.51%), Vitamin B5: 1.24mg (12.44%), Iron: 1.91mg (10.61%), Potassium: 287.89mg (8.23%), Magnesium: 31.78mg (7.94%), Vitamin B6: 0.15mg (7.61%), Copper: 0.14mg (7.08%), Vitamin B3: 1.31mg (6.54%), Zinc: 0.95mg (6.32%), Vitamin E: 0.85mg (5.66%), Vitamin K: 5.24µg (5%), Vitamin C: 2.74mg (3.32%), Vitamin B12: 0.17µg (2.79%), Vitamin D: 0.26µg (1.75%)