



Praline Pumpkin Pie I

READY IN



45 min.

SERVINGS



8

CALORIES



382 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 4 tablespoons butter
- 15 ounce pumpkin puree canned
- 3 ounce egg custard mix
- 0.7 cup evaporated milk
- 0.3 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground ginger

- 0.7 cup milk
- 0.5 cup pecans chopped
- 1 9-inch pie crust ()
- 0.3 cup sugar white

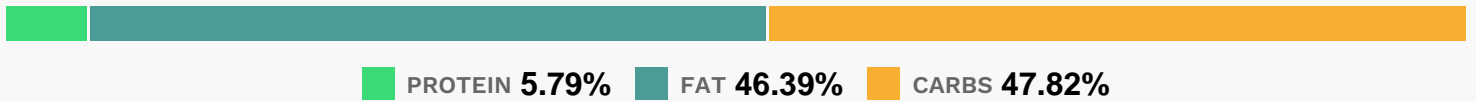
Equipment

- sauce pan

Directions

- Melt the butter or margarine in a saucepan, and stir in the 1/2 cup chopped pecans and brown sugar. Cook until bubbly.
- Spread over the bottom of cooled pie shell.
- Combine custard mix, white sugar, and spices in a 2 quart saucepan. Stir in evaporated milk, milk, and pumpkin puree. Cook while stirring until bubbly. Cover, and cool for 10 minutes.
- Pour pumpkin custard filling into pie shell, and chill until firm.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:6.22, Inflammation Score:-10, Nutrition Score:13.093913093857%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 381.8kcal (19.09%), Fat: 20.21g (31.1%), Saturated Fat: 7.7g (48.13%), Carbohydrates: 46.89g (15.63%), Net Carbohydrates: 43.89g (15.96%), Sugar: 22.33g (24.81%), Cholesterol: 51.01mg (17%), Sodium: 212.69mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.35%), Vitamin A: 8558.96IU (171.18%), Manganese: 0.61mg (30.53%), Phosphorus: 156.38mg (15.64%), Calcium: 140.15mg (14.02%), Vitamin B2: 0.22mg (13.1%), Fiber:

3g (11.99%), Vitamin B1: 0.16mg (10.92%), Vitamin K: 11.41µg (10.87%), Iron: 1.92mg (10.68%), Magnesium: 37.98mg (9.49%), Potassium: 330.45mg (9.44%), Copper: 0.17mg (8.62%), Vitamin B5: 0.84mg (8.42%), Folate: 30.61µg (7.65%), Selenium: 4.81µg (6.87%), Vitamin E: 0.99mg (6.61%), Zinc: 0.89mg (5.91%), Vitamin B6: 0.11mg (5.38%), Vitamin B3: 1.07mg (5.36%), Vitamin B12: 0.28µg (4.66%), Vitamin C: 2.78mg (3.37%), Vitamin D: 0.24µg (1.63%)