



Praline Pumpkin Pie II

READY IN



85 min.

SERVINGS



8

CALORIES



356 kcal

DESSERT

Ingredients

- ☐ 0.7 cup brown sugar
- ☐ 2 tablespoons butter softened
- ☐ 1 cup pumpkin puree canned
- ☐ 2 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon mace

- ☐ 1 cup cup heavy whipping cream light
- ☐ 0.3 cup ground pecans
- ☐ 0.5 teaspoon salt
- ☐ 1 9-inch unbaked pie crust ()

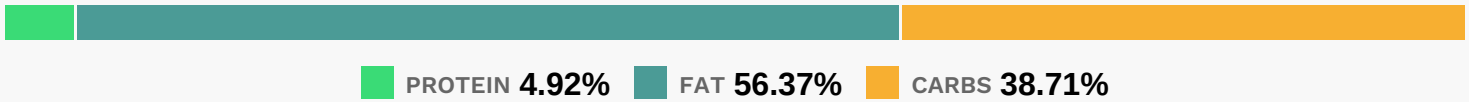
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C.) In a small bowl, combine pecans, 1/3 cup brown sugar and butter. Press firmly into bottom of unbaked pie shell.
- ☐ Bake in oven 10 minutes.
- ☐ Remove crust from oven and reduce temperature to 325 degrees F (165 degrees C.)
- ☐ In a large bowl, combine eggs, pumpkin, 2/3 cup brown sugar, flour, cloves, mace, cinnamon, salt and ginger. Blend in cream until mixture is smooth and creamy.
- ☐ Pour into partially baked shell.
- ☐ Bake in the preheated oven for 40 to 45 minutes, or until filling is set.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:10.620869496594%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 355.5kcal (17.78%), Fat: 22.74g (34.98%), Saturated Fat: 10.27g (64.21%), Carbohydrates: 35.13g (11.71%), Net Carbohydrates: 33.08g (12.03%), Sugar: 19.04g (21.16%), Cholesterol: 81.61mg (27.2%), Sodium: 302.83mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Vitamin A: 5219.23IU (104.38%), Manganese: 0.47mg (23.28%), Vitamin B2: 0.16mg (9.32%), Iron: 1.61mg (8.94%), Selenium: 5.88µg (8.41%), Phosphorus: 83.16mg (8.32%), Fiber: 2.05g (8.21%), Vitamin B1: 0.12mg (8.19%), Vitamin K: 8.09µg (7.7%), Folate: 30.54µg (7.63%), Vitamin E: 0.97mg (6.44%), Copper: 0.12mg (6.2%), Calcium: 60.61mg (6.06%), Magnesium: 21.73mg (5.43%), Vitamin B5: 0.54mg (5.39%), Potassium: 177.78mg (5.08%), Vitamin B3: 0.95mg (4.74%), Zinc: 0.59mg (3.96%), Vitamin B6: 0.07mg (3.74%), Vitamin B12: 0.16µg (2.73%), Vitamin D: 0.4µg (2.66%), Vitamin C: 1.53mg (1.85%)