



Pumpkin Cheese Pie

READY IN



55 min.

SERVINGS



8

CALORIES



418 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese
- ☐ 3 eggs
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 2 cups pumpkin puree
- ☐ 14 ounces condensed milk sweetened
- ☐ 19-inch unbaked pie crust ()

Equipment

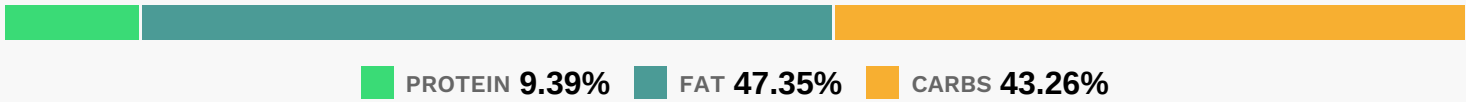
- ☐ oven

☐ knife

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix cream cheese and condensed milk together until smooth. Stir in the pureed pumpkin, pumpkin pie spice and eggs.
- ☐ Mix until well combined.
- ☐ Pour batter into the pie shell.
- ☐ Bake at 350 degrees F (175 degrees C) for 45 minutes or until a knife inserted 1 inch from the edge comes out clean.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:16.89, Inflammation Score:-10, Nutrition Score:14.545217254887%

Nutrients (% of daily need)

Calories: 418kcal (20.9%), Fat: 22.36g (34.4%), Saturated Fat: 11.11g (69.45%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 43.52g (15.82%), Sugar: 30.16g (33.51%), Cholesterol: 106.88mg (35.63%), Sodium: 280.9mg (12.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.95%), Vitamin A: 10135.54IU (202.71%), Vitamin B2: 0.42mg (24.88%), Selenium: 16.54µg (23.63%), Phosphorus: 228.25mg (22.83%), Calcium: 200.02mg (20%), Manganese: 0.25mg (12.6%), Vitamin K: 12.64µg (12.04%), Vitamin B5: 1.13mg (11.33%), Potassium: 396.33mg (11.32%), Iron: 1.96mg (10.92%), Folate: 40.67µg (10.17%), Fiber: 2.44g (9.75%), Vitamin B1: 0.14mg (9.44%), Magnesium: 35.61mg (8.9%), Vitamin E: 1.27mg (8.44%), Vitamin B12: 0.43µg (7.13%), Zinc: 1.04mg (6.96%), Vitamin B6: 0.12mg (5.85%), Copper: 0.11mg (5.5%), Vitamin B3: 1.05mg (5.24%), Vitamin C: 3.92mg (4.75%), Vitamin D: 0.43µg (2.86%)