



## Pumpkin Cheese Swirled Pie

READY IN



90 min.

SERVINGS



8

CALORIES



267 kcal

DESSERT

### Ingredients

- 0.3 cup plus light
- 3 ounce cream cheese softened
- 1 9-inch unbaked deep dish pie crust ()
- 2 eggs
- 0.5 cup evaporated milk
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg

- 1 cup pumpkin
- 0.5 teaspoon salt
- 0.5 teaspoon vanilla extract
- 0.3 cup sugar white

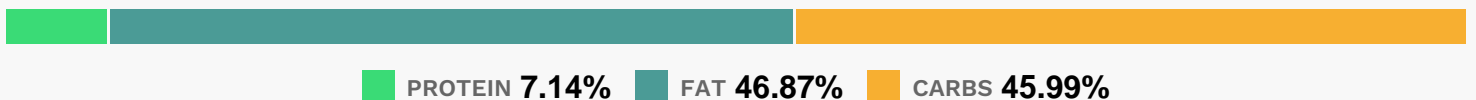
## Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- hand mixer

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Beat the cream cheese with an electric mixer until light and fluffy. Gradually mix in 1/4 cup light corn syrup and vanilla extract, blending until smooth.
- In a medium bowl, mix the pumpkin, eggs, evaporated milk, 1/4 cup light corn syrup, sugar, cinnamon, nutmeg, cloves, ginger and salt. Beat the mixture until smooth.
- Place pie crust on a medium baking sheet and fill with the pumpkin mixture. Drop the cream cheese by rounded tablespoonfuls onto the pumpkin mixture. Using a knife, swirl the mixtures, creating a marbled effect.
- Bake 50 to 60 minutes in the preheated oven, or until a knife inserted in the middle comes out clean. Cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:32.89, Glycemic Load:6.73, Inflammation Score:-7, Nutrition Score:6.1973913286043%

## Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

## **Nutrients (% of daily need)**

Calories: 266.78kcal (13.34%), Fat: 14.13g (21.74%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 30.54g (11.11%), Sugar: 16.92g (18.8%), Cholesterol: 56.22mg (18.74%), Sodium: 317.83mg (13.82%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 4.84g (9.69%), Vitamin A: 1475.19IU (29.5%), Manganese: 0.26mg (13.23%), Vitamin B2: 0.18mg (10.75%), Phosphorus: 91.33mg (9.13%), Selenium: 6.13µg (8.76%), Folate: 31.59µg (7.9%), Calcium: 71.04mg (7.1%), Vitamin B1: 0.09mg (6.17%), Iron: 1.04mg (5.76%), Vitamin E: 0.75mg (4.98%), Vitamin B5: 0.48mg (4.76%), Vitamin K: 4.91µg (4.68%), Potassium: 155.55mg (4.44%), Vitamin B3: 0.85mg (4.27%), Zinc: 0.55mg (3.68%), Magnesium: 12.85mg (3.21%), Copper: 0.06mg (2.82%), Vitamin B6: 0.06mg (2.8%), Fiber: 0.66g (2.63%), Vitamin B12: 0.15µg (2.44%), Vitamin C: 1.62mg (1.96%), Vitamin D: 0.24µg (1.57%)