



Pumpkin Chess Pie

READY IN



45 min.

SERVINGS



8

CALORIES



603 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 15 ounce pumpkin canned
- 3 eggs
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground ginger
- 0.5 cup half-and-half
- 8 servings praline sauce
- 15 ounce piecrusts refrigerated

- 0.8 teaspoon salt
- 2 cups sugar
- 1.5 teaspoons vanilla extract

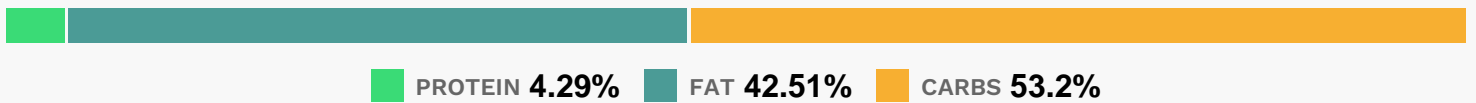
Equipment

- food processor
- oven
- knife
- wire rack
- blender

Directions

- Place piecrust in a 9" pieplate; fold edges under, and crimp. Process pumpkin and next 9 ingredients in container of an electric blender or food processor until smooth, stopping once to scrape down sides.
- Pour pumpkin mixture into prepared piecrust.
- Bake at 350 for 1 hour and 10 minutes or until knife inserted in center comes out clean. Cool completely on a wire rack.
- Serve with Praline Sauce.

Nutrition Facts



Properties

Glycemic Index:9.39, Glycemic Load:34.91, Inflammation Score:-10, Nutrition Score:12.456086956936%

Nutrients (% of daily need)

Calories: 602.98kcal (30.15%), Fat: 28.91g (44.48%), Saturated Fat: 8.37g (52.3%), Carbohydrates: 81.41g (27.14%), Net Carbohydrates: 78.44g (28.52%), Sugar: 52.67g (58.52%), Cholesterol: 66.67mg (22.22%), Sodium: 617.29mg (26.84%), Alcohol: 0.26g (100%), Alcohol %: 0.16% (100%), Protein: 6.56g (13.13%), Vitamin A: 8923.72IU (178.47%), Manganese: 0.4mg (20.17%), Vitamin B2: 0.24mg (14.09%), Iron: 2.48mg (13.75%), Selenium: 9.14µg (13.05%), Folate: 51.97µg (12.99%), Vitamin K: 12.76µg (12.15%), Fiber: 2.97g (11.87%), Vitamin B1: 0.17mg (11.45%), Phosphorus:

107.47mg (10.75%), Vitamin E: 1.47mg (9.78%), Vitamin B3: 1.67mg (8.37%), Vitamin B5: 0.74mg (7.38%),
Magnesium: 24.58mg (6.15%), Potassium: 213.91mg (6.11%), Copper: 0.12mg (5.76%), Calcium: 56.04mg (5.6%),
Vitamin B6: 0.09mg (4.71%), Zinc: 0.61mg (4.09%), Vitamin B12: 0.19µg (3.16%), Vitamin C: 2.4mg (2.91%), Vitamin D:
0.33µg (2.2%)