



Pumpkin Cream Pie

READY IN



70 min.

SERVINGS



8

CALORIES



414 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 15 ounce pumpkin puree canned
- ☐ 4 ounces cream cheese at room temperature
- ☐ 3 large eggs
- ☐ 0.3 cup heavy whipping cream
- ☐ 1 cup heavy whipping cream
- ☐ 0.5 cup brown sugar light
- ☐ 1 9-inch pie crust shell frozen canned
- ☐ 0.5 teaspoon pumpkin pie spice

☐ 1 teaspoon pumpkin pie spice

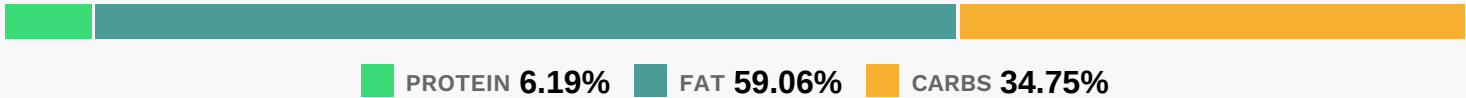
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F and arrange a rack in the bottom third of the oven.
- ☐ In a medium bowl, combine the cream cheese, pumpkin puree, cream, brown sugar and pumpkin pie spice. Using electric hand mixer, add the eggs, 1 at a time incorporating completely between each addition.
- ☐ Pour the filling into the pie shell and bake on a sheet tray until the filling is mostly set and the crust has browned, about 50 to 60 minutes. The center will still look slightly loose.
- ☐ Remove from the oven and cool to room temperature.
- ☐ In a chilled bowl, beat the heavy cream with a hand mixer until beginning to thicken.
- ☐ Add the brown sugar and pumpkin pie spice and continue to beat until soft peaks form.
- ☐ Spread the whipped cream over the pie and serve immediately or hold in the refrigerator for up to 2 hours before serving. .

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:11.924782628598%

Nutrients (% of daily need)

Calories: 414.25kcal (20.71%), Fat: 27.69g (42.6%), Saturated Fat: 14.72g (91.97%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 34.44g (12.52%), Sugar: 21.25g (23.61%), Cholesterol: 128.89mg (42.96%), Sodium: 192.06mg (8.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Vitamin A: 9148.51IU (182.97%), Vitamin B2: 0.26mg (15.56%), Selenium: 10.06µg (14.37%), Manganese: 0.27mg (13.4%), Vitamin K: 12.06µg (11.49%),

Phosphorus: 113.08mg (11.31%), Iron: 1.98mg (10.98%), Vitamin E: 1.37mg (9.13%), Folate: 35.83µg (8.96%), Fiber: 2.22g (8.89%), Calcium: 86.7mg (8.67%), Vitamin B5: 0.81mg (8.07%), Potassium: 242.78mg (6.94%), Vitamin D: 1.01µg (6.73%), Vitamin B1: 0.1mg (6.71%), Magnesium: 24.43mg (6.11%), Copper: 0.11mg (5.32%), Vitamin B6: 0.1mg (5.25%), Vitamin B3: 0.95mg (4.75%), Vitamin B12: 0.26µg (4.36%), Zinc: 0.63mg (4.17%), Vitamin C: 2.56mg (3.1%)