



Pumpkin Custard Pie II

READY IN



45 min.

SERVINGS



10

CALORIES



259 kcal

DESSERT

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 2 tablespoons crystallized ginger chopped
- ☐ 3 eggs
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup heavy whipping cream
- ☐ 1 9-inch pie crust
- ☐ 1 cup pumpkin puree
- ☐ 0.1 teaspoon salt

☐ 0.5 cup sugar white

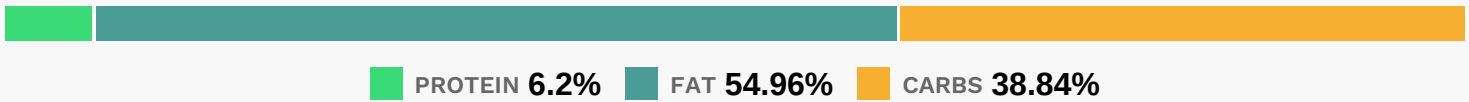
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a large mixing bowl, beat eggs lightly.
- ☐ Add cream, salt, sugar, cinnamon, allspice, and pumpkin.
- ☐ Mix well, then stir in candied ginger and cognac, rum, or bourbon. Carefully pour mixture into baked pastry shell.
- ☐ Bake in preheated oven for 30 minutes or until a toothpick inserted in center comes out clean. Custard will still jiggle.
- ☐ Serve pie warm or at room temperature.
- ☐ Garnish with whipped cream if desired.

Nutrition Facts



Properties

Glycemic Index:10.51, Glycemic Load:6.98, Inflammation Score:-10, Nutrition Score:7.9417392689249%

Nutrients (% of daily need)

Calories: 258.62kcal (12.93%), Fat: 15.17g (23.33%), Saturated Fat: 7.56g (47.22%), Carbohydrates: 24.11g (8.04%), Net Carbohydrates: 22.84g (8.31%), Sugar: 13.05g (14.5%), Cholesterol: 76mg (25.33%), Sodium: 137.76mg (5.99%), Alcohol: 2g (100%), Alcohol %: 2.55% (100%), Protein: 3.85g (7.69%), Vitamin A: 4234.71IU (84.69%), Vitamin B2: 0.15mg (9.09%), Selenium: 6.07µg (8.67%), Manganese: 0.15mg (7.43%), Phosphorus: 63.25mg (6.32%), Iron: 1.13mg (6.29%), Folate: 24.11µg (6.03%), Vitamin K: 6.21µg (5.92%), Fiber: 1.27g (5.08%), Vitamin B1: 0.07mg (4.76%), Vitamin E: 0.71mg (4.74%), Vitamin B5: 0.44mg (4.42%), Vitamin D: 0.64µg (4.3%), Calcium: 34.56mg (3.46%), Vitamin B3: 0.66mg (3.29%), Potassium: 111.71mg (3.19%), Magnesium: 11.98mg (2.99%), Copper: 0.06mg (2.79%), Vitamin B6: 0.05mg (2.74%), Vitamin B12: 0.16µg (2.59%), Zinc: 0.36mg (2.43%), Vitamin C: 1.19mg (1.44%)