



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
- 19-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.

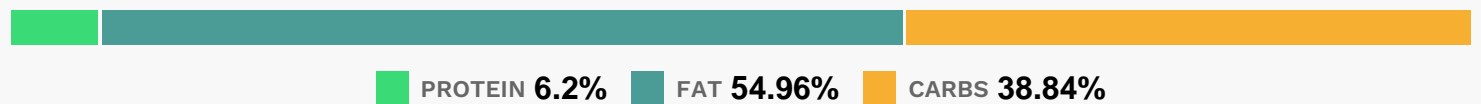
Mix well, then stir in candied ginger and cognac, rum, or bourbon. Carefully pour mixture into baked pastry shell.

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%)