



Pumpkin Figs Pie

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



184 kcal

DESSERT

Ingredients

- 1 tablespoon brown sugar
- 0.5 cup figs dried chopped
- 2 pears cored peeled sliced
- 1.5 cups pumpkin puree
- 19-inch unbaked pie crust ()

Equipment

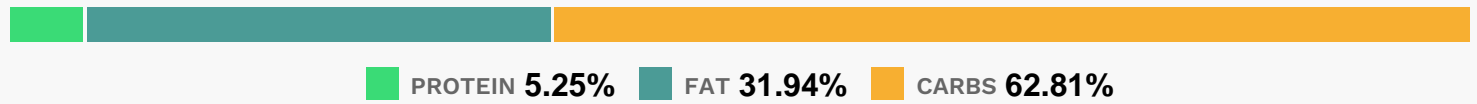
- food processor
- oven

blender

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place the pie crust into a pie plate, and arrange pear slices in the bottom.
- Bake for 20 minutes in the preheated oven.
- While the pears are baking, combine the pumpkin, soaked figs, and sugar in a blender or food processor. Process until smooth.
- Pour over the pears.
- Bake for an additional 15 minutes in the preheated oven, or until crust is golden and pears are tender.
- Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:8.47, Glycemic Load:3.54, Inflammation Score:-10, Nutrition Score:9.6095651854639%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 184.12kcal (9.21%), Fat: 6.79g (10.45%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 25.81g (9.38%), Sugar: 11.77g (13.08%), Cholesterol: 0mg (0%), Sodium: 106.34mg (4.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Vitamin A: 7161.56IU (143.23%), Fiber: 4.25g (17%), Manganese: 0.25mg (12.44%), Vitamin K: 12.59µg (11.99%), Iron: 1.57mg (8.71%), Folate: 26.98µg (6.75%), Potassium: 235.82mg (6.74%), Copper: 0.13mg (6.59%), Vitamin B1: 0.09mg (6.2%), Magnesium: 23.9mg (5.97%), Vitamin B2: 0.09mg (5.09%), Vitamin B3: 0.97mg (4.87%), Vitamin C: 3.95mg (4.79%), Vitamin E: 0.69mg (4.59%), Phosphorus:

45.72mg (4.57%), Calcium: 37.03mg (3.7%), Vitamin B5: 0.35mg (3.49%), Vitamin B6: 0.06mg (3.08%), Selenium:
1.73µg (2.47%), Zinc: 0.3mg (1.98%)