



## Pumpkin-Gingerbread Pie with Cider-Lemon Sauce

READY IN



45 min.

SERVINGS



10

CALORIES



294 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 0.7 cup firmly brown sugar packed
- 2.5 tablespoons crystallized ginger minced
- 2 tablespoons rum dark
- 0.3 cup dates pitted chopped
- 0.3 cup currants dried
- 1 eggs
- 2 egg whites

- 2 cups flour all-purpose
- 0.8 teaspoon ground allspice
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 1.5 tablespoons ground ginger
- 0.5 teaspoon ground nutmeg
- 10 servings cider-lemon sauce
- 0.7 cup buttermilk low-fat
- 2 tablespoons butter melted
- 0.3 cup blackstrap molasses
- 0.1 teaspoon pepper
- 1 cup pumpkin unsweetened canned
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 2 tablespoons vegetable oil

## Equipment

- bowl
- oven
- wire rack
- blender

## Directions

- Combine the currants, dates, crystallized ginger, rum, and vanilla extract in a small bowl, and let stand 30 minutes, stirring occasionally.
- Beat egg whites and egg at medium speed of a mixer until foamy. Gradually add the brown sugar, beating until well-blended.
- Add the molasses, and beat well.
- Combine the flour, ground ginger, and next 7 ingredients (flour through pepper), and stir well.

- Combine pumpkin, buttermilk, oil, and melted margarine, and stir well.
- Add the flour mixture to egg mixture alternately with pumpkin mixture, beginning and ending with flour mixture; mix well after each addition. Fold in the rum-dried fruit mixture.
- Spoon batter into a 9 1/2-inch quiche dish coated with cooking spray.
- Bake at 375 for 55 minutes or until a wooden pick inserted in the center comes out clean; let pie cool for 30 minutes on a wire rack.
- Serve warm with Cider-Lemon Sauce.
- Note: Crystallized ginger is available at large supermarkets and specialty food stores, or it can be mail-ordered from Penzey's Ltd., P.O. Box 1448, Waukesha, WI Phone 414/574-

## Nutrition Facts



### Properties

Glycemic Index:35.85, Glycemic Load:19.8, Inflammation Score:-10, Nutrition Score:12.786956463171%

### Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

### Nutrients (% of daily need)

Calories: 293.81kcal (14.69%), Fat: 6.03g (9.28%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 54.61g (18.2%), Net Carbohydrates: 52.32g (19.03%), Sugar: 31.82g (35.35%), Cholesterol: 17.01mg (5.67%), Sodium: 305.2mg (13.27%), Alcohol: 1.14g (100%), Alcohol %: 1.11% (100%), Protein: 5.05g (10.11%), Vitamin A: 3951.28IU (79.03%), Manganese: 0.73mg (36.28%), Selenium: 14.22µg (20.32%), Vitamin B1: 0.23mg (15.2%), Iron: 2.57mg (14.29%), Folate: 54.17µg (13.54%), Vitamin B2: 0.22mg (13.05%), Magnesium: 48.78mg (12.2%), Potassium: 386.54mg (11.04%), Vitamin B3: 1.92mg (9.6%), Fiber: 2.3g (9.18%), Vitamin K: 9.42µg (8.97%), Copper: 0.16mg (8.09%), Calcium: 78.16mg (7.82%), Vitamin B6: 0.15mg (7.55%), Phosphorus: 74.2mg (7.42%), Vitamin C: 5.21mg (6.32%), Vitamin B5: 0.48mg (4.84%), Vitamin E: 0.66mg (4.41%), Zinc: 0.45mg (2.98%), Vitamin B12: 0.08µg (1.38%)