



Pumpkin Honey Pie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



177 kcal

DESSERT

Ingredients

- ☐ 3 eggs
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup heavy whipping cream
- ☐ 0.8 cup honey
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt

☐ 2 cups solid pack pumpkin puree

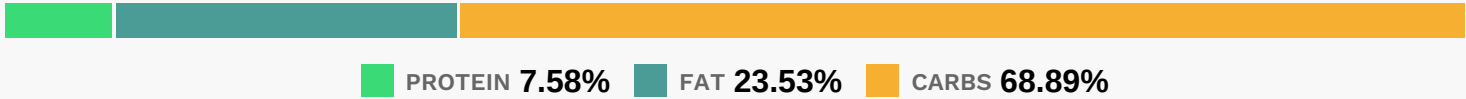
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Beat eggs slightly in a large bowl. Blend in pumpkin, milk, cream, honey, spices, salt.
- ☐ Pour filling into pie shell. Cover edges of shell with strips of foil.
- ☐ Bake at 400 degrees F (205 degrees C) for 35 minutes.
- ☐ Remove foil, and continue baking for 15 more minutes. An inserted knife should come out clean when done. Cool, and serve.

Nutrition Facts



Properties

Glycemic Index:20.66, Glycemic Load:13.94, Inflammation Score:-10, Nutrition Score:9.5895652667336%

Nutrients (% of daily need)

Calories: 176.94kcal (8.85%), Fat: 4.94g (7.61%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 32.56g (10.85%), Net Carbohydrates: 30.5g (11.09%), Sugar: 29.15g (32.39%), Cholesterol: 71.61mg (23.87%), Sodium: 180.97mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Vitamin A: 9756.66IU (195.13%), Manganese: 0.21mg (10.52%), Vitamin K: 10.25µg (9.76%), Vitamin B2: 0.16mg (9.17%), Selenium: 6.13µg (8.75%), Fiber: 2.06g (8.24%), Phosphorus: 75.57mg (7.56%), Iron: 1.33mg (7.38%), Vitamin E: 0.91mg (6.05%), Vitamin B5: 0.6mg (5.97%), Potassium: 198.1mg (5.66%), Calcium: 54.77mg (5.48%), Magnesium: 19.53mg (4.88%), Copper: 0.09mg (4.61%), Vitamin B6: 0.08mg (4.15%), Vitamin D: 0.62µg (4.11%), Folate: 16.12µg (4.03%), Vitamin B12: 0.24µg (4.02%), Vitamin C: 2.79mg (3.38%), Zinc: 0.48mg (3.19%), Vitamin B1: 0.03mg (2.11%), Vitamin B3: 0.31mg (1.54%)