



Pumpkin Impossible Pie



Vegetarian

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READY IN

ready

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55 min.

SERVINGS

servings

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10

CALORIES

calories

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176 kcal

DESSERT

Ingredients



0.5 cup biscuit baking mix



2 tablespoons butter melted



2 eggs



12 fluid ounce evaporated milk canned



1.5 cups pumpkin puree



1 teaspoon salt



0.5 cup water



0.8 cup sugar white

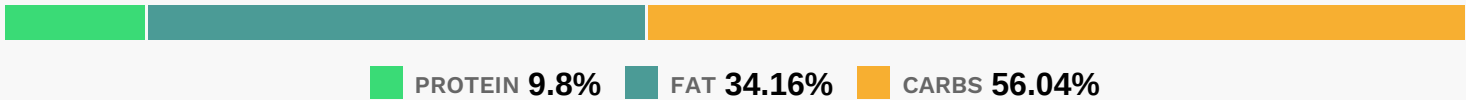
Equipment

- ☐ oven
- ☐ blender
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9 inch pie pan.
- ☐ Place eggs, salt, pumpkin, sugar, melted butter, baking mix, evaporated milk, and water in a blender.
- ☐ Mix on low speed for 2 minutes.
- ☐ Pour mixture into greased pie pan.
- ☐ Bake in preheated oven for 45 to 50 minutes, until set in center.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:10.47, Inflammation Score:-10, Nutrition Score:9.2200000234272%

Nutrients (% of daily need)

Calories: 176.49kcal (8.82%), Fat: 6.87g (10.56%), Saturated Fat: 3.64g (22.72%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 24.15g (8.78%), Sugar: 20.48g (22.75%), Cholesterol: 49.17mg (16.39%), Sodium: 379.8mg (16.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.87%), Vitamin A: 5921.94IU (118.44%), Phosphorus: 138.09mg (13.81%), Calcium: 119.16mg (11.92%), Vitamin B2: 0.2mg (11.89%), Vitamin K: 6.71µg (6.39%), Selenium: 4.23µg (6.05%), Potassium: 206.17mg (5.89%), Vitamin B5: 0.56mg (5.64%), Iron: 0.91mg (5.05%), Magnesium: 19.7mg (4.93%), Fiber: 1.19g (4.77%), Folate: 18.97µg (4.74%), Vitamin B1: 0.06mg (4.24%), Vitamin E: 0.61mg (4.08%), Manganese: 0.08mg (4.05%), Zinc: 0.49mg (3.27%), Copper: 0.06mg (3.18%), Vitamin B6: 0.06mg (2.9%), Vitamin B12: 0.16µg (2.72%), Vitamin C: 2.24mg (2.71%), Vitamin B3: 0.48mg (2.42%), Vitamin D: 0.21µg (1.41%)