



Pumpkin Maple Pie Supreme

READY IN



150 min.

SERVINGS



8

CALORIES



1379 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar packed
- 0.8 cup brown sugar packed
- 3 eggs
- 1 teaspoon flour all-purpose
- 0.1 teaspoon ground allspice
- 1.3 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1 teaspoon nutmeg

- 1.3 cups half and half
- 0.7 cup maple syrup
- 0.5 teaspoon salt
- 1 small pumpkin
- 9 inch pie crust dough

Equipment

- food processor
- bowl
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C)
- Cut up pumpkin, and remove seeds.
- Place in large baking pan, and cover with foil or lid.
- Bake for 1 hour, or until very tender.
- Remove from oven, and set aside to cool. Reduce oven temperature to 350 degrees F (175 degrees C).
- Scrape pumpkin into a food processor; puree until smooth. Measure 1 1/2 cups pumpkin puree. In a large bowl, mix together 1 1/2 cups pumpkin, brown sugar, cinnamon, ginger, nutmeg, cloves, allspice, and salt. Stir in maple syrup, half-and-half, and flour.
- Mix in eggs one at a time.
- Pour filling into unbaked pie shell.
- Bake at 350 degrees F (175 degrees C) for 1 hour, or until center is set.

Nutrition Facts



PROTEIN 5.47% **FAT 42.13%** **CARBS 52.4%**

Properties

Glycemic Index:34.19, Glycemic Load:14.14, Inflammation Score:-10, Nutrition Score:31.540869505509%

Flavonoids

Luteolin: 2.77mg, Luteolin: 2.77mg, Luteolin: 2.77mg, Luteolin: 2.77mg

Nutrients (% of daily need)

Calories: 1378.86kcal (68.94%), Fat: 64.86g (99.79%), Saturated Fat: 21.7g (135.61%), Carbohydrates: 181.54g (60.51%), Net Carbohydrates: 174.78g (63.56%), Sugar: 62.49g (69.44%), Cholesterol: 74.61mg (24.87%), Sodium: 1128.09mg (49.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.95g (37.91%), Vitamin A: 14698.83IU (293.98%), Manganese: 2.04mg (102.06%), Vitamin B2: 1.06mg (62.42%), Vitamin B1: 0.74mg (49.5%), Folate: 194.73µg (48.68%), Iron: 7.95mg (44.14%), Vitamin B3: 7.26mg (36.32%), Phosphorus: 308.56mg (30.86%), Selenium: 20.35µg (29.07%), Potassium: 990.95mg (28.31%), Fiber: 6.76g (27.05%), Copper: 0.43mg (21.25%), Vitamin E: 3.12mg (20.78%), Calcium: 196.24mg (19.62%), Vitamin C: 15.67mg (19%), Vitamin B5: 1.84mg (18.38%), Vitamin K: 19.02µg (18.12%), Magnesium: 70.7mg (17.68%), Zinc: 2.14mg (14.27%), Vitamin B6: 0.28mg (14.15%), Vitamin B12: 0.22µg (3.64%), Vitamin D: 0.33µg (2.2%)