



## Pumpkin Meringue Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



627 kcal

DESSERT

### Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 15 ounce pumpkin pure canned
- ☐ 3 large egg whites
- ☐ 3 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 cup ice water
- ☐ 0.8 cup maple sugar

- ☐ 1.7 cups powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 14 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 1.3 cups whipping cream

## Equipment

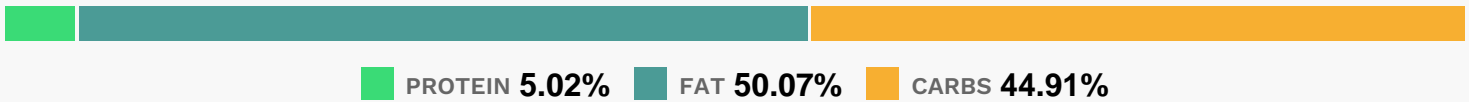
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ aluminum foil
- ☐ broiler
- ☐ pie form

## Directions

- ☐ Combine flour, butter, sugar, and salt in bowl of electric mixer.
- ☐ Place bowl in freezer 15 minutes. Using electric mixer fitted with paddle attachment, beat mixture on low speed until pea-size clumps form.
- ☐ Drizzle 1/3 cup ice water over mixture and beat just until dough comes together. Gather dough into ball. Flatten into disk. Wrap dough in plastic and refrigerate at least 8 hours and up to 1 day.
- ☐ Let dough soften slightly at room temperature before using.
- ☐ Roll out dough on lightly floured surface to 13-inch round.
- ☐ Transfer dough to 9-inch-diameter glass pie dish. Trim overhang to 1 inch. Fold in overhang, forming double-thick sides. Crimp dough edge decoratively. Refrigerate crust 30 minutes.
- ☐ Preheat oven to 425°F. Line crust with foil. Fill with pie weights or dried beans.
- ☐ Bake until sides are set, about 20 minutes.

- ☐ Remove foil and weights.
- ☐ Bake until golden brown, placing aluminum foil collar around edge of crust if browning too quickly, about 15 minutes. Cool completely. (Can be made 1 day ahead. Cover and let stand at room temperature.)
- ☐ Preheat oven to 325°F.
- ☐ Whisk pumpkin, cream, maple sugar, cinnamon, ginger, and salt in large bowl to blend.
- ☐ Whisk in eggs.
- ☐ Pour mixture into crust.
- ☐ Place aluminum foil collar around edge of crust.
- ☐ Bake until filling is set and knife inserted into center comes out clean, about 1 hour. Cool to room temperature.
- ☐ Preheat broiler.
- ☐ Whisk egg whites and sugar in large metal bowl until combined.
- ☐ Place bowl over saucepan of simmering water and continue whisking until mixture is just warm, about 5 minutes.
- ☐ Remove bowl from over water. Using electric mixer, beat egg-white mixture on medium-high speed until stiff and glossy, about 5 minutes.
- ☐ Spread meringue atop pie, mounding in center.
- ☐ Place pie in broiler and broil until meringue is brown, about 1 minute. Cool to room temperature. (Can be made 8 hours ahead.
- ☐ Let stand at room temperature.)

## Nutrition Facts



## Properties

Glycemic Index:26.64, Glycemic Load:27.74, Inflammation Score:-10, Nutrition Score:16.437826115152%

## Nutrients (% of daily need)

Calories: 626.57kcal (31.33%), Fat: 35.54g (54.67%), Saturated Fat: 21.85g (136.56%), Carbohydrates: 71.73g (23.91%), Net Carbohydrates: 69.48g (25.26%), Sugar: 49.35g (54.83%), Cholesterol: 164.45mg (54.82%), Sodium: 139.19mg (6.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.03%), Vitamin A: 9533.12IU

(190.66%), Manganese: 1.27mg (63.59%), Selenium: 18.13µg (25.91%), Vitamin B2: 0.37mg (21.83%), Folate: 60.81µg (15.2%), Iron: 2.6mg (14.46%), Vitamin B1: 0.22mg (14.36%), Zinc: 1.96mg (13.09%), Vitamin E: 1.69mg (11.25%), Phosphorus: 111.2mg (11.12%), Vitamin K: 11.58µg (11.02%), Fiber: 2.25g (9%), Vitamin D: 1.34µg (8.92%), Vitamin B3: 1.66mg (8.28%), Potassium: 284.54mg (8.13%), Calcium: 81.03mg (8.1%), Vitamin B5: 0.76mg (7.59%), Magnesium: 28.61mg (7.15%), Copper: 0.14mg (7.06%), Vitamin B12: 0.28µg (4.65%), Vitamin B6: 0.09mg (4.38%), Vitamin C: 2.46mg (2.98%)