



Pumpkin Pecan Pie

READY IN



45 min.

SERVINGS



10

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 0.8 cup firmly brown sugar dark packed
- ☐ 0.3 cup plus dark
- ☐ 4 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 recipe easy piecrust
- ☐ 15 ounce pumpkin puree unsweetened cooked canned
- ☐ 0.5 teaspoon salt

☐ 1 cup whipping cream

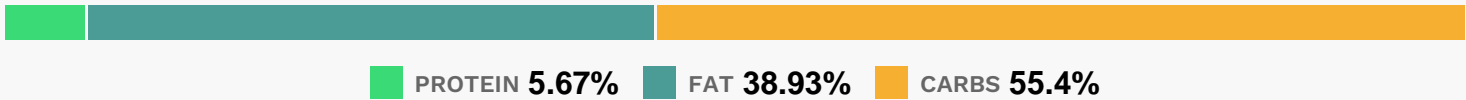
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Roll half recipe Easy Piecrust dough to 1/4-inch thickness on a lightly floured surface (about a 13-inch circle). Fold in half, and transfer to a 9-inch pie plate. Unfold and drape over pie plate, pressing bottom and sides into pan. Chill in freezer 10 minutes.
- ☐ Preheat oven to 40
- ☐ Combine eggs, brown sugar, and corn syrup in a large bowl, and whisk until thoroughly blended. Stir in granulated sugar and next 3 ingredients.
- ☐ Add cream, Pumpkin Puree, and chopped pecans; stir to blend.
- ☐ Pour mixture into chilled piecrust.
- ☐ Bake at 400 on lower oven rack for 1 hour 5 minutes or until filling sets around edges and is slightly loose in center; shield pie lightly with aluminum foil after 30 minutes, if necessary.
- ☐ Let cool completely before slicing.
- ☐ Note: You may substitute 1 1/2 cups cooked and mashed butternut squash for pumpkin.

Nutrition Facts



Properties

Glycemic Index:23.01, Glycemic Load:12.94, Inflammation Score:-10, Nutrition Score:9.515217397524%

Nutrients (% of daily need)

Calories: 289kcal (14.45%), Fat: 12.88g (19.82%), Saturated Fat: 6.87g (42.94%), Carbohydrates: 41.25g (13.75%), Net Carbohydrates: 39.78g (14.47%), Sugar: 34.79g (38.65%), Cholesterol: 101.29mg (33.76%), Sodium: 205.96mg (8.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Vitamin A: 7076.08IU (141.52%), Selenium: 8.07µg (11.53%), Vitamin B2: 0.18mg (10.38%), Manganese: 0.16mg (8.07%), Vitamin K: 8.25µg (7.85%), Phosphorus: 76.28mg (7.63%), Iron: 1.36mg (7.57%), Vitamin E: 0.92mg (6.13%), Vitamin B5: 0.6mg (5.96%), Fiber: 1.47g (5.88%), Calcium: 55.19mg (5.52%), Folate: 21.62µg (5.41%), Vitamin D: 0.78µg (5.21%), Potassium: 173.47mg (4.96%), Magnesium: 17.6mg (4.4%), Copper: 0.08mg (4.15%), Vitamin B6: 0.08mg (3.93%), Vitamin B12: 0.22µg (3.6%), Vitamin B1: 0.05mg (3.17%), Zinc: 0.44mg (2.93%), Vitamin C: 1.93mg (2.34%), Vitamin B3: 0.45mg (2.23%)