



Pumpkin Pecan Pie II

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup pumpkin canned
- ☐ 0.5 cup plus dark
- ☐ 3 eggs beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.8 cup heavy whipping cream
- ☐ 0.8 cup pecans chopped

- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

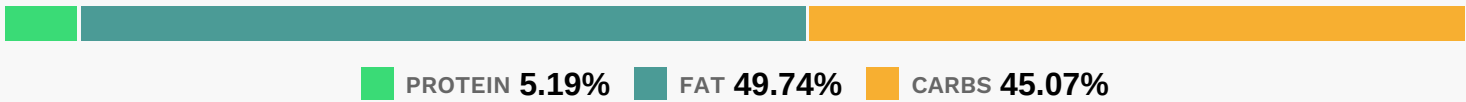
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Mix together 3/4 to 1 cup brown sugar, 1/2 teaspoon ground cinnamon, and 1/4 teaspoon salt. Stir in 1 canned pumpkin, eggs, corn syrup, and 1 teaspoon vanilla.
- ☐ Pour mixture into pie shell and sprinkle with pecans. Arrange additional pecans, if desired, for a "pretty" pie.
- ☐ Bake 350 degrees F (175 degrees C) for 40 minutes. Cool.
- ☐ Serve with spicy whipped cream.
- ☐ To Make Spicy Whipped Cream: In medium bowl, mix 1/2 cup brown sugar, 1/2 teaspoon cinnamon, 1/8 teaspoon nutmeg. Stir in 3/4 cup whipping cream and 1/2 teaspoon vanilla. Chill 1 hour. Whip until stiff.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:14.93, Inflammation Score:-10, Nutrition Score:10.587391366129%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg

Nutrients (% of daily need)

Calories: 294.88kcal (14.74%), Fat: 17.08g (26.28%), Saturated Fat: 6.33g (39.58%), Carbohydrates: 34.82g (11.61%), Net Carbohydrates: 32.88g (11.96%), Sugar: 32.05g (35.61%), Cholesterol: 86.59mg (28.86%), Sodium: 140.58mg (6.11%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 4.01g (8.02%), Vitamin A: 5189.39IU (103.79%), Manganese: 0.56mg (28.2%), Selenium: 7.03µg (10.05%), Copper: 0.19mg (9.42%), Vitamin B2: 0.15mg (8.79%), Phosphorus: 87.69mg (8.77%), Fiber: 1.94g (7.77%), Iron: 1.18mg (6.58%), Magnesium: 26.06mg (6.51%), Vitamin B1: 0.09mg (5.89%), Vitamin K: 6.06µg (5.77%), Vitamin E: 0.85mg (5.66%), Calcium: 55.71mg (5.57%), Vitamin B5: 0.54mg (5.44%), Zinc: 0.8mg (5.32%), Potassium: 177.65mg (5.08%), Vitamin D: 0.69µg (4.58%), Vitamin B6: 0.08mg (4.12%), Folate: 14.74µg (3.68%), Vitamin B12: 0.18µg (3.04%), Vitamin C: 1.54mg (1.86%), Vitamin B3: 0.28mg (1.41%)