



## Pumpkin Pie

READY IN



75 min.

SERVINGS



16

CALORIES



215 kcal

DESSERT

### Ingredients

- 0.5 cup brown sugar packed
- 29 oz pumpkin canned
- 12 oz ready-to-use graham cracker crumb crusts
- 3 eggs divided beaten
- 0.5 cup granulated sugar
- 1 tsp ground ginger
- 1.5 cups half-and-half
- 1.5 tsp pumpkin pie spice

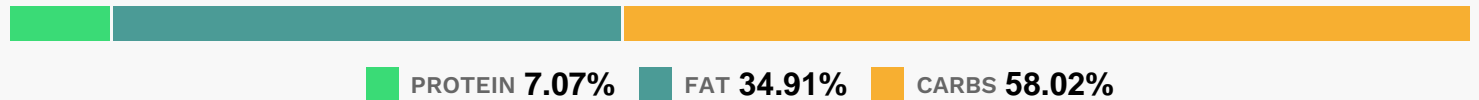
## Equipment

- oven
- knife

## Directions

- Heat oven to 400F.
- Brush crusts lightly with some of the egg.
- Bake 4 min. Meanwhile, mix remaining eggs with all remaining ingredients until well blended.
- Pour into crusts.
- Bake 15 min. Reduce oven temperature to 350F.
- Bake 40 to 45 min. or until knife inserted in centers comes out clean. Cool completely.

## Nutrition Facts



## Properties

Glycemic Index:4.38, Glycemic Load:4.36, Inflammation Score:-10, Nutrition Score:10.815652178681%

## Nutrients (% of daily need)

Calories: 214.71kcal (10.74%), Fat: 8.52g (13.1%), Saturated Fat: 3.1g (19.38%), Carbohydrates: 31.86g (10.62%), Net Carbohydrates: 29.84g (10.85%), Sugar: 17.32g (19.24%), Cholesterol: 38.63mg (12.88%), Sodium: 217.76mg (9.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Vitamin A: 8122.13IU (162.44%), Vitamin K: 19.22µg (18.3%), Manganese: 0.26mg (13.06%), Phosphorus: 114.57mg (11.46%), Iron: 1.93mg (10.7%), Vitamin B2: 0.17mg (9.85%), Vitamin E: 1.43mg (9.55%), Calcium: 81.98mg (8.2%), Fiber: 2.02g (8.07%), Vitamin B1: 0.12mg (7.78%), Selenium: 4.64µg (6.63%), Folate: 26.15µg (6.54%), Vitamin B3: 1.28mg (6.4%), Potassium: 184.29mg (5.27%), Magnesium: 20.19mg (5.05%), Vitamin B5: 0.49mg (4.86%), Copper: 0.09mg (4.72%), Vitamin B6: 0.07mg (3.55%), Vitamin C: 2.4mg (2.91%), Zinc: 0.42mg (2.82%), Vitamin B12: 0.12µg (1.94%), Vitamin D: 0.17µg (1.1%)