



Pumpkin Pie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



88 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brandy dark
- ☐ 0.3 cup brown sugar generous packed
- ☐ 0.8 cup crème fraîche
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 cup pumpkin pureed cooked drained fine

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla

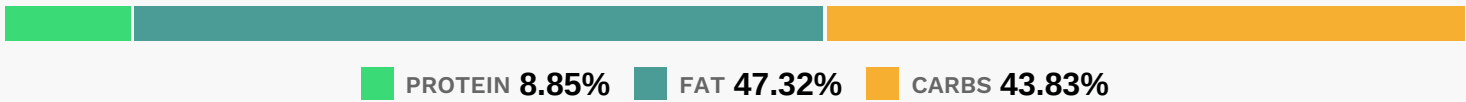
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Preheat the oven to 300 degrees F.
- ☐ In a large mixing bowl, combine the pureed pumpkin, creme fraiche, brown sugar, salt, cinnamon, ginger, and cloves and whisk together until thoroughly blended. Stir in the eggs, vanilla, and brandy or rum.
- ☐ Whisk again until thoroughly blended.
- ☐ Mound the pumpkin mixture into the pie shell and jiggle the pan gently to help it find its level.
- ☐ Bake for about 1 hour, until set in the center.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:2.9708695359852%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg

Nutrients (% of daily need)

Calories: 87.86kcal (4.39%), Fat: 4.31g (6.64%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 8.87g (3.23%), Sugar: 8.11g (9.01%), Cholesterol: 47.38mg (15.79%), Sodium: 79.97mg (3.48%), Alcohol: 1.14g (100%), Alcohol %: 2.89% (100%), Protein: 1.82g (3.63%), Vitamin A: 1149.3IU (22.99%), Selenium: 3.86µg (5.52%), Vitamin B2: 0.09mg (5.18%), Phosphorus: 38.61mg (3.86%), Manganese: 0.07mg (3.28%), Calcium: 32.75mg (3.27%), Vitamin B5: 0.26mg (2.56%), Potassium: 86.41mg (2.47%), Vitamin B12: 0.13µg (2.09%), Vitamin E:

0.3mg (1.98%), Iron: 0.35mg (1.96%), Folate: 7.68µg (1.92%), Vitamin B6: 0.03mg (1.74%), Zinc: 0.23mg (1.54%),
Copper: 0.03mg (1.5%), Vitamin C: 1.2mg (1.46%), Vitamin D: 0.2µg (1.33%), Magnesium: 5.22mg (1.3%)