



Pumpkin Pie

READY IN

ready

225 min.

SERVINGS

servings

8

CALORIES

calories

432 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin pure canned
- ☐ 0.8 cup brown sugar dark packed
- ☐ 2 tablespoons eggs beaten
- ☐ 3 large eggs
- ☐ 2.8 cups flour for dusting all-purpose plus more
- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves

- ☐ 1 teaspoon ground ginger
- ☐ 1 cup half-and-half
- ☐ 0.5 teaspoon salt
- ☐ 4 tablespoons butter unsalted cold cut into 1/2-inch pieces
- ☐ 2 tablespoons vegetable shortening
- ☐ 8 servings whipped cream for serving

Equipment

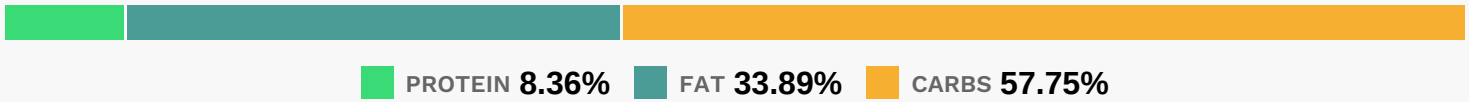
- ☐ food processor
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Make the dough: Pulse the flour, granulated sugar and salt in a food processor.
- ☐ Add the shortening; pulse until it disappears, about 30 seconds.
- ☐ Add the butter and pulse until the mixture looks like coarse meal with pea-size bits of butter. Beat 2 tablespoons ice water and the egg in a bowl, then add to the processor and pulse once or twice. (Stop before the dough gathers into a ball.) Turn out onto a sheet of plastic wrap and pat into a disk. Wrap tightly and refrigerate until firm, at least 1 hour.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Roll the dough into a 13-inch round on a lightly floured surface (or between 2 pieces of floured parchment paper). Ease into a 9 1/2-inch deep-dish glass pie plate. Fold the overhanging dough under itself and crimp the edges with your fingers. Pierce the bottom all over with a fork and chill until firm, about 30 minutes.
- ☐ Line the crust with foil, then fill with pie weights or dried beans.
- ☐ Bake until the edges are golden, about 20 minutes.

- ☐ Remove the foil and weights and continue baking until the crust is golden all over, 10 to 15 more minutes.
- ☐ Transfer to a rack to cool completely.
- ☐ Whisk the pumpkin, brown sugar, eggs, half-and-half, ginger, cinnamon, allspice and cloves in a bowl.
- ☐ Pour into the crust; bake until the edges are set but the center quivers, 1 hour to 1 hour, 15 minutes. (Cover the edges of the crust with foil if they brown too quickly.) Cool completely on a rack.
- ☐ Serve with whipped cream.
- ☐ Photographs by Con Poulos

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:26.24, Inflammation Score:-10, Nutrition Score:16.385652251866%

Nutrients (% of daily need)

Calories: 431.73kcal (21.59%), Fat: 16.43g (25.27%), Saturated Fat: 8.21g (51.31%), Carbohydrates: 62.97g (20.99%), Net Carbohydrates: 60.08g (21.85%), Sugar: 26.7g (29.67%), Cholesterol: 113.7mg (37.9%), Sodium: 206.6mg (8.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.11g (18.23%), Vitamin A: 8718.09IU (174.36%), Selenium: 23.21µg (33.16%), Manganese: 0.54mg (27.02%), Vitamin B1: 0.37mg (24.77%), Folate: 97.14µg (24.29%), Vitamin B2: 0.41mg (24.1%), Iron: 3.37mg (18.75%), Phosphorus: 146.72mg (14.67%), Vitamin B3: 2.84mg (14.21%), Fiber: 2.89g (11.58%), Vitamin K: 11.53µg (10.98%), Calcium: 93.61mg (9.36%), Vitamin B5: 0.91mg (9.1%), Vitamin E: 1.31mg (8.71%), Magnesium: 30.91mg (7.73%), Potassium: 269.75mg (7.71%), Copper: 0.15mg (7.59%), Vitamin B6: 0.12mg (5.77%), Zinc: 0.85mg (5.66%), Vitamin B12: 0.29µg (4.78%), Vitamin D: 0.58µg (3.85%), Vitamin C: 2.54mg (3.08%)