



Pumpkin Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



258 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 1 large egg yolk white for filling reserved
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ginger fresh finely grated
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup brown sugar light
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons butter unsalted cold
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons water cold plus more if needed

Equipment

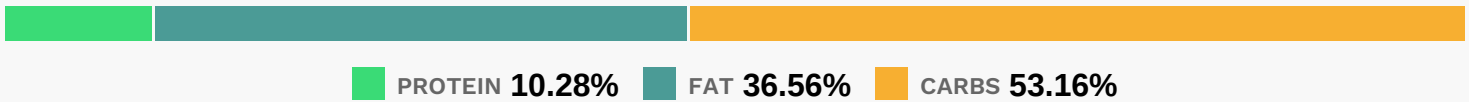
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ pie form

Directions

- ☐ Place first 5 crust ingredients (through vegetable oil) into a food processor fitted with a metal blade; pulse until mixture resembles coarse crumbs.
- ☐ Add egg yolk and 1 tablespoon water. Pulse until dough begins to clump together (add more water, if needed). Turn dough out onto a large piece of plastic wrap, and press into a large, flat disc. Wrap tightly; refrigerate 30 minutes (or up to 2 days).
- ☐ At least 20 minutes before baking, position a rack in middle of oven. Preheat oven to 40
- ☐ Place dough on a clean towel lightly dusted with flour.
- ☐ Roll out to a 12- to 13-inch round.
- ☐ Transfer to 9-inch glass pie dish sprayed with cooking spray. Press dough against the sides and bottom of the dish.
- ☐ Trim away all but 1 inch of overhanging dough. Turn edge under; use your fingers to crimp. Refrigerate 30 minutes.

- ☐ Bake for 10 minutes, then remove from oven. Prick bottom and sides of crust with a fork.
- ☐ Bake 5 to 8 minutes longer, until surface is dry but not browned. Cool on wire rack. Position a rack on lowest shelf in oven; reduce temperature to 35
- ☐ Whisk together filling ingredients in a large bowl until smooth; pour into crust. Carefully return pie to oven and bake for 45 to 55 minutes, or until center is firm.
- ☐ Transfer pie to a wire rack to cool.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:29.39, Glycemic Load:9, Inflammation Score:-10, Nutrition Score:12.445652163547%

Nutrients (% of daily need)

Calories: 258.27kcal (12.91%), Fat: 10.67g (16.41%), Saturated Fat: 5.43g (33.91%), Carbohydrates: 34.91g (11.64%), Net Carbohydrates: 32.8g (11.93%), Sugar: 20g (22.22%), Cholesterol: 69.82mg (23.27%), Sodium: 142.15mg (6.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.5%), Vitamin A: 8570.59IU (171.41%), Vitamin B2: 0.3mg (17.66%), Selenium: 10.65µg (15.22%), Calcium: 149.18mg (14.92%), Phosphorus: 145.27mg (14.53%), Manganese: 0.25mg (12.35%), Vitamin K: 12.41µg (11.82%), Folate: 44.96µg (11.24%), Vitamin B1: 0.16mg (10.83%), Iron: 1.84mg (10.22%), Fiber: 2.11g (8.46%), Potassium: 294.64mg (8.42%), Vitamin B5: 0.74mg (7.45%), Magnesium: 28.93mg (7.23%), Vitamin E: 1.03mg (6.86%), Vitamin B3: 1.23mg (6.16%), Copper: 0.1mg (5.17%), Zinc: 0.67mg (4.49%), Vitamin B6: 0.08mg (4.14%), Vitamin C: 3.06mg (3.71%), Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.36µg (2.41%)