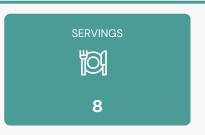


Pumpkin Pie







DESSERT

Ingredients

0.5 teaspoon salt

0.5 cup sugar

15 oz pumpkin pie filling/mix canned (not pumpkin pie mix
2 eggs
12 oz evaporated milk canned
1.3 cups flour all-purpose
1 teaspoon ground cinnamon
O.1 teaspoon ground cloves
0.5 teaspoon ground ginger

	2 tablespoons sugar
	0.3 cup vegetable oil
	2 tablespoons water cold
	0.8 cup whipping cream
Equipment	
	bowl
	oven
	knife
	whisk
	wire rack
	hand mixer
Directions	
	Heat oven to 425F. In medium bowl, mix flour, 1/2 teaspoon salt and the oil with fork until all flour is moistened.
	Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all water is absorbed. Shape pastry into a ball. Press in bottom and up side of 9-inch glass pie plate.
	In large bowl, beat eggs slightly with wire whisk or hand beater. Beat in 1/2 cup sugar, the cinnamon, 1/2 teaspoon salt, ginger, cloves, pumpkin and milk.
	To prevent spilling, place pastry-lined pie plate on oven rack before adding filling. Carefully pour pumpkin filling into pie plate.
	Bake 15 minutes.
	Reduce oven temperature to 350F.
	Bake about 45 minutes longer or until knife inserted in center comes out clean.
	Place pie on cooling rack. Cool completely, about 2 hours.
	In chilled medium bowl, beat whipping cream and 2 tablespoons sugar with electric mixer on high speed until stiff peaks form.
	Serve pie with whipped cream. Store in refrigerator.

Nutrition Facts

Properties

Glycemic Index:27.52, Glycemic Load:22.33, Inflammation Score:-10, Nutrition Score:14.913913187773%

Nutrients (% of daily need)

Calories: 421.21kcal (21.06%), Fat: 21.73g (33.44%), Saturated Fat: 8.89g (55.54%), Carbohydrates: 50.66g (16.89%), Net Carbohydrates: 45.52g (16.55%), Sugar: 20.5g (22.77%), Cholesterol: 78.47mg (26.16%), Sodium: 323.53mg (14.07%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 7.67g (15.34%), Vitamin A: 4900.68IU (98.01%), Manganese: 0.47mg (23.31%), Vitamin B2: 0.4mg (23.27%), Fiber: 5.14g (20.54%), Selenium: 12.84µg (18.35%), Vitamin K: 17.89µg (17.04%), Phosphorus: 167.87mg (16.79%), Folate: 66.23µg (16.56%), Calcium: 157.87mg (15.79%), Vitamin B1: 0.2mg (13.4%), Vitamin B5: 1.19mg (11.94%), Iron: 1.89mg (10.48%), Vitamin B3: 1.55mg (7.75%), Vitamin E: 1.15mg (7.69%), Potassium: 264.26mg (7.55%), Vitamin B6: 0.14mg (7.14%), Magnesium: 26.72mg (6.68%), Zinc: 0.82mg (5.5%), Copper: 0.09mg (4.33%), Vitamin D: 0.62µg (4.13%), Vitamin C: 2.81mg (3.41%), Vitamin B12: 0.2µg (3.36%)