



Pumpkin Pie

READY IN



200 min.

SERVINGS



8

CALORIES



421 kcal

DESSERT

Ingredients

- ☐ 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
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar

- ☐ 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



PROTEIN 7.15% **FAT 45.61%** **CARBS 47.24%**

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 %: 0% (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%)