



Pumpkin Pie (Crustless)

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



134 kcal

DESSERT

Ingredients

- 2 tsp double-acting baking powder
- 0.5 cup brown sugar
- 2 cups pumpkin pure canned
- 2 tbsp cornstarch
- 1.5 cups plant-based milk
- 3 tsp pumpkin pie spice
- 0.3 tsp salt
- 0.5 cup mori-nu tofu firm

- 1 tsp vanilla extract
- 0.5 cup pastry flour whole wheat

Equipment

- food processor
- oven
- blender
- plastic wrap
- pie form

Directions

- Preheat oven to 350 F. Grease a 9" shallow glass pie dish, set aside. In a blender or food processor, blend tofu, non-dairy milk, cornstarch and vanilla until smooth, stopping to scrape sides periodically.
- Add remaining ingredients and blend for about a minute more, until the mixture is uniform and well combined.
- Pour the mixture into the pie dish and bake for 1 hour. Allow the pie to cool on the counter, away from the hot oven, until room temperature. Cover with plastic wrap and refrigerate overnight or for at least 4 hours.

Amount Per Serving

Calories

Fat

90g

Carbohydrate

80g Dietary Fiber 2.10g Sugars 9.80g Protein 2.40g

Nutrition Facts



Properties

Glycemic Index:16.11, Glycemic Load:1.01, Inflammation Score:-10, Nutrition Score:10.593478275382%

Nutrients (% of daily need)

Calories: 134.19kcal (6.71%), Fat: 2.3g (3.54%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 25.77g (8.59%), Net Carbohydrates: 23.26g (8.46%), Sugar: 15.78g (17.53%), Cholesterol: 4.88mg (1.63%), Sodium: 195.73mg (8.51%), Alcohol: 0.16g (100%), Alcohol %: 0.15% (100%), Protein: 4.09g (8.18%), Vitamin A: 8541.15IU (170.82%), Manganese: 0.45mg (22.69%), Calcium: 157.87mg (15.79%), Phosphorus: 107.74mg (10.77%), Fiber: 2.5g (10.02%), Vitamin K: 9.12µg (8.69%), Iron: 1.48mg (8.24%), Selenium: 5.36µg (7.66%), Magnesium: 28.79mg (7.2%), Potassium: 218.33mg (6.24%), Vitamin B2: 0.1mg (5.75%), Copper: 0.1mg (4.79%), Vitamin B1: 0.07mg (4.67%), Vitamin B6: 0.09mg (4.49%), Vitamin E: 0.66mg (4.37%), Vitamin B5: 0.43mg (4.26%), Vitamin B12: 0.22µg (3.66%), Zinc: 0.45mg (3.01%), Vitamin B3: 0.6mg (3.01%), Vitamin D: 0.45µg (2.98%), Vitamin C: 2.42mg (2.93%), Folate: 9.72µg (2.43%)