

Pumpkin Pie – I Adore Food

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

Ingredients

- 15 oz pumpkin puree canned
- 14 oz condensed milk sweetened canned (eagle brand)
- 2 large eggs
- 1 Teaspoon cinnamon
- 0.5 Teaspoon ginger
- 0.5 Teaspoon nutmeg
- 19-inch pie crust dough

Equipment

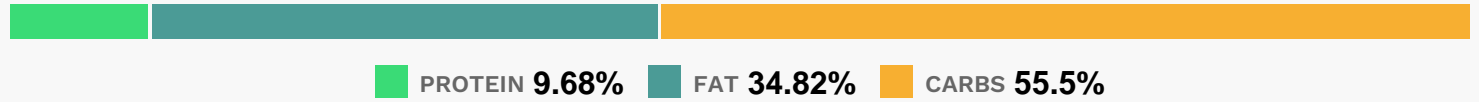
- oven

- knife
- whisk

Directions

- Preheat oven to 425 degrees F.
- Whisk all of the ingredients until smooth.
- Pour into crust and bake for 15 minutes.
- Reduce oven temperature to 350 degrees F and continue baking 35 to 40 minutes or until knife inserted 1 inch from crust comes out clean. Cool.
- Garnish as desired. Store leftovers covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:16.49, Inflammation Score:-10, Nutrition Score:12.893912999526%

Nutrients (% of daily need)

Calories: 310.83kcal (15.54%), Fat: 12.22g (18.8%), Saturated Fat: 5.27g (32.91%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 41.49g (15.09%), Sugar: 28.83g (32.04%), Cholesterol: 63.37mg (21.12%), Sodium: 185.73mg (8.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.29%), Vitamin A: 8473.65IU (169.47%), Vitamin B2: 0.33mg (19.7%), Phosphorus: 187.34mg (18.73%), Selenium: 12.83µg (18.33%), Calcium: 169.22mg (16.92%), Manganese: 0.24mg (12.19%), Vitamin K: 10.74µg (10.23%), Potassium: 337.09mg (9.63%), Iron: 1.73mg (9.6%), Fiber: 2.33g (9.31%), Folate: 35.33µg (8.83%), Vitamin B5: 0.88mg (8.79%), Vitamin B1: 0.13mg (8.78%), Magnesium: 30.81mg (7.7%), Vitamin E: 0.9mg (5.97%), Zinc: 0.84mg (5.59%), Vitamin B12: 0.33µg (5.49%), Vitamin B3: 0.99mg (4.95%), Copper: 0.09mg (4.72%), Vitamin B6: 0.09mg (4.48%), Vitamin C: 3.54mg (4.29%), Vitamin D: 0.35µg (2.33%)