



## Pumpkin Pie with Brown Sugar-Walnut Topping



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



283 kcal

DESSERT

### Ingredients

- ☐ 1 cup pumpkin pure canned
- ☐ 2 large eggs
- ☐ 1 cup brown sugar packed ()
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 cup heavy whipping cream

- ☐ 0.5 teaspoon sea salt fine
- ☐ 0.5 cup walnut pieces

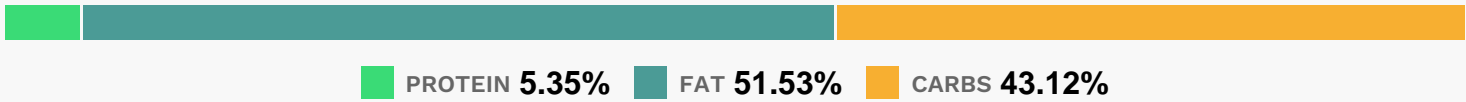
## Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ pie form

## Directions

- ☐ Combine all ingredients. Using on/off turns, blend to fine crumbs. DO AHEAD: Can be made 1 day ahead. Store in airtight container at room temperature.
- ☐ Position oven rack in bottom third of oven; preheat to 350°F.
- ☐ Transfer crust to 9-inch-diameter glass pie dish. Fold edges under and crimp decoratively. Freeze crust 20 minutes.
- ☐ Line crust with nonstick foil and fill with dried beans or pie weights.
- ☐ Bake until crust is set, about 20 minutes. Gently remove foil and beans. Return crust to oven and bake until partially cooked and golden brown around edges, pressing down on crust with back of spoon if bubbles form, about 15 minutes. Cool crust on rack. Maintain oven temperature.
- ☐ Whisk brown sugar, eggs, sea salt, cinnamon, ginger, and cloves in medium bowl.
- ☐ Add pumpkin and cream and whisk until well blended and smooth.
- ☐ Pour filling into crust.
- ☐ Bake pie until filling is firm, covering crust with foil collar if browning too quickly, about 30 minutes.
- ☐ Sprinkle topping evenly over top of pie. Reduce oven temperature to 325°F; continue to bake pie until filling is set and slightly puffed in center, about 15 minutes longer.
- ☐ Transfer pie to rack and cool completely. DO AHEAD: Can be made 1 day ahead. Tent with foil and chill.
- ☐ Let stand at room temperature 1 hour before serving.

# Nutrition Facts



## Properties

Glycemic Index:3.13, Glycemic Load:0.1, Inflammation Score:-10, Nutrition Score:9.8621739097263%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

## Nutrients (% of daily need)

Calories: 282.66kcal (14.13%), Fat: 16.8g (25.84%), Saturated Fat: 7.73g (48.33%), Carbohydrates: 31.62g (10.54%), Net Carbohydrates: 30.14g (10.96%), Sugar: 28.8g (32%), Cholesterol: 80.12mg (26.71%), Sodium: 180.72mg (7.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin A: 5272.96IU (105.46%), Manganese: 0.42mg (20.9%), Copper: 0.18mg (8.78%), Vitamin B2: 0.14mg (8.29%), Selenium: 5.62µg (8.03%), Phosphorus: 79.48mg (7.95%), Calcium: 66.47mg (6.65%), Magnesium: 25.16mg (6.29%), Iron: 1.13mg (6.26%), Fiber: 1.48g (5.93%), Vitamin K: 6.22µg (5.92%), Vitamin E: 0.79mg (5.26%), Potassium: 180.28mg (5.15%), Vitamin B6: 0.1mg (5.03%), Vitamin D: 0.73µg (4.84%), Vitamin B5: 0.47mg (4.69%), Folate: 18.22µg (4.56%), Zinc: 0.53mg (3.52%), Vitamin B1: 0.04mg (2.89%), Vitamin B12: 0.16µg (2.65%), Vitamin C: 1.57mg (1.9%), Vitamin B3: 0.27mg (1.34%)