



## Pumpkin Pie with Maple Cream and Sugared Pecans

READY IN



45 min.

SERVINGS



8

CALORIES



593 kcal

DESSERT

### Ingredients

- ☐ 0.7 cup firmly brown sugar light packed
- ☐ 2 cups pumpkin canned
- ☐ 3 large eggs beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.5 cups half-and-half
- ☐ 4 tablespoons ice water
- ☐ 0.3 cup maple syrup
- ☐ 1.5 teaspoons orange rind grated
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 cup whipping cream

## Equipment

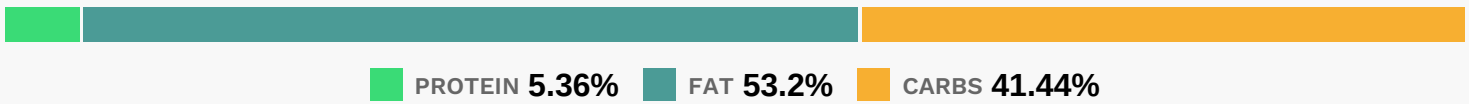
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ aluminum foil
- ☐ wax paper

## Directions

- ☐ Combine flour and 1/2 teaspoon salt; cut in shortening with a pastry blender until mixture resembles the size of peas.

- ☐ Sprinkle ice water, 1 tablespoon at a time, evenly over surface; stir with a fork until dry ingredients are moistened. Shape dough into a ball; cover and chill 30 minutes.
- ☐ Roll dough to 1/8" thickness on a lightly floured surface. Fit into a 9" deep-dish pieplate; trim off excess pastry along edges. Fold edges under, and crimp. Line pastry with aluminum foil, and fill with pie weights or dried beans.
- ☐ Bake at 450 for 8 minutes.
- ☐ Remove weights and foil; bake pastry 4 more minutes.
- ☐ Remove pastry crust to a wire rack to cool; reduce oven temperature to 37
- ☐ Whisk together pumpkin and next 10 ingredients in a large bowl until combined.
- ☐ Pour filling into crust.
- ☐ Bake at 375 for 50 to 55 minutes or until a knife inserted near center comes out clean, shielding crust after 20 minutes. Cool on a wire rack. Cover and refrigerate overnight.
- ☐ Combine 2 tablespoons granulated sugar and pecans in a small skillet. Cook over medium-low heat, stirring constantly, 5 minutes or until sugar melts and pecans are toasted. Spoon onto wax paper to cool. Crumble sugared pecans into pieces.
- ☐ Beat whipping cream at high speed with an electric mixer until foamy; gradually add powdered sugar, 1 tablespoon at a time, until soft peaks form. Slowly fold maple syrup into whipped cream. Cover and chill 1 hour.
- ☐ To serve, spoon maple cream onto each serving.
- ☐ Sprinkle sugared pecans over cream.
- ☐ Butternut Squash Pie: You can make this pie using butternut squash in place of the pumpkin. Two cups pureed butternut squash is about 1 (2-pound) squash.

## Nutrition Facts



## Properties

Glycemic Index:43.96, Glycemic Load:20.48, Inflammation Score:-10, Nutrition Score:17.198260825613%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg

Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg  
Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate:  
0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg

**Nutrients (% of daily need)**

Calories: 593.33kcal (29.67%), Fat: 35.9g (55.23%), Saturated Fat: 14.39g (89.92%), Carbohydrates: 62.91g (20.97%), Net Carbohydrates: 59.7g (21.71%), Sugar: 41.9g (46.55%), Cholesterol: 119.25mg (39.75%), Sodium: 291.05mg (12.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.27%), Vitamin A: 10238.11IU (204.76%), Manganese: 0.88mg (43.96%), Vitamin B2: 0.51mg (29.73%), Selenium: 16.05µg (22.93%), Vitamin K: 18.59µg (17.71%), Vitamin B1: 0.26mg (17.35%), Phosphorus: 161.68mg (16.17%), Folate: 58.73µg (14.68%), Iron: 2.58mg (14.36%), Vitamin E: 2.13mg (14.22%), Calcium: 133.09mg (13.31%), Fiber: 3.21g (12.84%), Copper: 0.21mg (10.59%), Magnesium: 40.33mg (10.08%), Vitamin B5: 1mg (10.04%), Potassium: 342.15mg (9.78%), Vitamin B3: 1.67mg (8.33%), Zinc: 1.14mg (7.6%), Vitamin B6: 0.13mg (6.62%), Vitamin D: 0.85µg (5.67%), Vitamin B12: 0.3µg (5.01%), Vitamin C: 3.78mg (4.58%)