



Pumpkin Pie with Spiced Crust

 Vegetarian

READY IN



140 min.

SERVINGS



10

CALORIES



272 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin puree canned (not pie filling)
- ☐ 3 large eggs
- ☐ 1.5 cups flour for dusting all-purpose plus more the work surface
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 cup half and half

- ☐ 4 tablespoons water
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.5 teaspoon salt fine
- ☐ 8 tablespoons butter unsalted cold cut into small pieces (1 stick)
- ☐ 1 teaspoon vanilla extract

Equipment

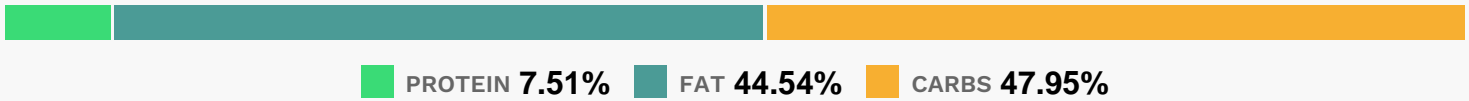
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Whisk the measured flour, sugar, cinnamon, nutmeg, salt, and cloves in a medium bowl to aerate and combine.
- ☐ Add the butter and, using a pastry blender or your fingers, mix the butter into the dry ingredients until it's in pea-size pieces, about 5 minutes.
- ☐ Add 4 tablespoons of the ice water and mix just until the dough comes together. (
- ☐ Add an additional tablespoon of ice water if necessary, but do not overwork the dough or it will become tough.) Shape the dough into a flat disk, cover it in plastic wrap, and refrigerate for at least 30 minutes.
- ☐ Heat the oven to 350°F and arrange a rack in the middle. Lightly flour a work surface and roll the dough out into a round approximately 12 inches in diameter and 1/4 inch thick. Line a 9-inch pie plate with the dough and fold the excess under itself, crimping the edges to seal. Line the crust with a piece of parchment paper or aluminum foil and fill it with pie weights.

- ☐ Bake the crust on a baking sheet until set and light brown, about 20 minutes.
- ☐ Remove the pie weights and parchment paper and continue baking until the crust is dry to the touch, about 10 minutes more.
- ☐ Let cool slightly before adding the filling.For the filling:In a large bowl, combine all of the ingredients and whisk until smooth.
- ☐ Pour the mixture into the crust and bake until the filling is set in the middle and the edges are puffed, about 50 to 60 minutes.
- ☐ Remove from the oven and let cool to room temperature before cutting.Beverage pairing: Broadbent 5 Year Madeira, Portugal. Madeira has a burnished, honeyed nuttiness that will beautifully play off the spices and rooty flavors in the pie. The wine is sweeter than the pie and also has a firm acid backbone, making it a refreshing sip after each bite.

Nutrition Facts



Properties

Glycemic Index:22.01, Glycemic Load:15.02, Inflammation Score:-10, Nutrition Score:11.259565260099%

Nutrients (% of daily need)

Calories: 272.01kcal (13.6%), Fat: 13.65g (20.99%), Saturated Fat: 8.03g (50.2%), Carbohydrates: 33.06g (11.02%), Net Carbohydrates: 31.18g (11.34%), Sugar: 16.36g (18.17%), Cholesterol: 88.35mg (29.45%), Sodium: 158.65mg (6.9%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 5.18g (10.36%), Vitamin A: 7065.32IU (141.31%), Selenium: 12.21µg (17.44%), Manganese: 0.29mg (14.35%), Vitamin B2: 0.24mg (13.93%), Folate: 47.67µg (11.92%), Vitamin B1: 0.17mg (11.44%), Iron: 1.84mg (10.2%), Phosphorus: 91.26mg (9.13%), Vitamin K: 8.1µg (7.72%), Fiber: 1.88g (7.51%), Vitamin B3: 1.33mg (6.64%), Vitamin E: 0.95mg (6.31%), Calcium: 59.67mg (5.97%), Vitamin B5: 0.58mg (5.76%), Potassium: 176.11mg (5.03%), Magnesium: 19.61mg (4.9%), Copper: 0.09mg (4.71%), Vitamin B6: 0.07mg (3.71%), Zinc: 0.51mg (3.43%), Vitamin B12: 0.2µg (3.31%), Vitamin D: 0.47µg (3.12%), Vitamin C: 2.01mg (2.44%)