



Pumpkin Pie with Spiced Whipped Cream

READY IN



45 min.

SERVINGS



8

CALORIES



432 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin pure canned
- ☐ 1 9-inch deep-dish pie crust frozen with fork thawed
- ☐ 2 large eggs
- ☐ 0.3 teaspoon ground allspice
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 2 tablespoons sugar
- ☐ 14 ounce condensed milk sweetened canned

- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.8 cup whipping cream chilled

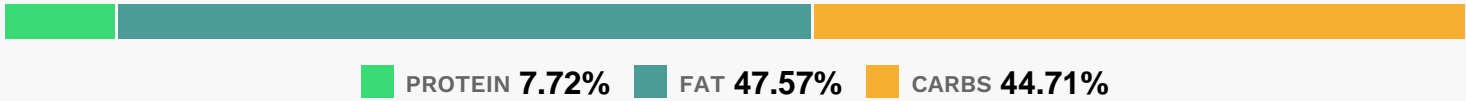
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400°F. Reshape crust edge to form high-standing rim.
- ☐ Bake crust until browned, pressing bottom and sides of crust occasionally with back of fork, about 14 minutes. Cool crust on rack. Reduce oven temperature to 350°F.
- ☐ Whisk pumpkin, condensed milk, sour cream, 1 1/2 teaspoons cinnamon, 1/2 teaspoon ginger, vanilla, and allspice in large bowl to blend.
- ☐ Whisk in eggs.
- ☐ Pour into crust (some filling may be left over).
- ☐ Bake pie until filling is puffed around sides and set in center, about 55 minutes. Cool pie on rack. (Can be made ahead.
- ☐ Let stand at room temperature 2 hours, or cover and chill overnight.)
- ☐ Beat whipping cream, sugar, 1/2 teaspoon cinnamon, and 1/4 teaspoon ginger in bowl until peaks form. Spoon large dollops around edge of pie and serve.

Nutrition Facts



Properties

Glycemic Index:18.89, Glycemic Load:18.57, Inflammation Score:-10, Nutrition Score:14.266521744106%

Nutrients (% of daily need)

Calories: 431.8kcal (21.59%), Fat: 23.25g (35.77%), Saturated Fat: 11.35g (70.97%), Carbohydrates: 49.17g (16.39%), Net Carbohydrates: 46.92g (17.06%), Sugar: 32.73g (36.37%), Cholesterol: 92.82mg (30.94%), Sodium: 191.59mg

(8.33%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 8.49g (16.99%), Vitamin A: 8847.17IU (176.94%), Vitamin B2: 0.39mg (22.82%), Phosphorus: 207.21mg (20.72%), Selenium: 13.74µg (19.63%), Calcium: 195.05mg (19.5%), Manganese: 0.37mg (18.67%), Vitamin K: 14.06µg (13.39%), Potassium: 372.41mg (10.64%), Folate: 40.86µg (10.22%), Iron: 1.8mg (10.01%), Vitamin B5: 0.96mg (9.62%), Vitamin E: 1.37mg (9.12%), Fiber: 2.24g (8.97%), Vitamin B1: 0.13mg (8.85%), Magnesium: 33.96mg (8.49%), Vitamin B12: 0.38µg (6.34%), Zinc: 0.94mg (6.28%), Vitamin B3: 1.06mg (5.32%), Copper: 0.1mg (5.14%), Vitamin B6: 0.1mg (5.13%), Vitamin D: 0.71µg (4.71%), Vitamin C: 3.77mg (4.56%)