



Pumpkin Pie with Vanilla Whipped Cream

READY IN



160 min.

SERVINGS



10

CALORIES



356 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin canned
- ☐ 2 large eggs
- ☐ 0.8 cup evaporated milk fat-free
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 cup heavy whipping cream chilled
- ☐ 0.5 teaspoon kosher salt
- ☐ 14.1 ounce pie dough refrigerated

- ☐ 1 cup sugar divided
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425
- ☐ Combine 1 cup sugar and next 4 ingredients (through cloves) in a large bowl; stir well with a whisk.
- ☐ Add eggs and pumpkin; stir well with a whisk. Gradually add evaporated milk, stirring with a whisk until blended.
- ☐ Fit dough into a 9-inch pie plate. Fold edges under. Using kitchen shears, make 1/2-inch diagonal cuts at 45-degree angles around edge of crust. With fingertips, press every other tab toward center of pie.
- ☐ Pour pumpkin mixture into prepared crust.
- ☐ Place pie plate on a baking sheet, and bake at 425 for 15 minutes. Reduce oven temperature to 350; bake 45 minutes or until almost set. Shield edges of piecrust with foil, if necessary. (Do not insert a knife to test for doneness, as the slit will become larger and separate when the pie cools.) Cool on a wire rack 1 1/2 hours.
- ☐ Beat whipping cream with a mixer at high speed until foamy. Gradually add vanilla and 2 tablespoons sugar, beating until soft peaks form. Slice pie into 10 slices; top each serving with whipped cream.

Nutrition Facts



 **PROTEIN 6.47%**  **FAT 43.17%**  **CARBS 50.36%**

Properties

Glycemic Index:7.51, Glycemic Load:13.96, Inflammation Score:-10, Nutrition Score:11.227826108103%

Nutrients (% of daily need)

Calories: 355.95kcal (17.8%), Fat: 17.29g (26.6%), Saturated Fat: 7.25g (45.29%), Carbohydrates: 45.39g (15.13%), Net Carbohydrates: 43.02g (15.64%), Sugar: 23.68g (26.31%), Cholesterol: 56.13mg (18.71%), Sodium: 319.74mg (13.9%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Protein: 5.84g (11.67%), Vitamin A: 6893.26IU (137.87%), Manganese: 0.34mg (17.2%), Vitamin B2: 0.22mg (13.12%), Phosphorus: 109.09mg (10.91%), Iron: 1.91mg (10.59%), Folate: 39.81µg (9.95%), Vitamin K: 10.38µg (9.89%), Fiber: 2.37g (9.48%), Selenium: 6.5µg (9.28%), Vitamin B1: 0.14mg (9.04%), Calcium: 84.16mg (8.42%), Vitamin B3: 1.3mg (6.51%), Vitamin B5: 0.64mg (6.38%), Potassium: 212.16mg (6.06%), Vitamin E: 0.89mg (5.92%), Magnesium: 22.84mg (5.71%), Copper: 0.09mg (4.5%), Vitamin B6: 0.08mg (3.78%), Zinc: 0.57mg (3.77%), Vitamin D: 0.41µg (2.73%), Vitamin C: 2.22mg (2.7%), Vitamin B12: 0.14µg (2.3%)