



Pumpkin-Praline Pie

READY IN



45 min.

SERVINGS



8

CALORIES



296 kcal

DESSERT

Ingredients

- 2 tablespoons bourbon
- 0.3 cup firmly brown sugar packed
- 0.5 cup firmly brown sugar packed
- 1.5 teaspoons plus dark
- 1 eggs lightly beaten
- 2 egg whites lightly beaten
- 1 cup flour all-purpose divided
- 1 tablespoon flour all-purpose
- 0.3 teaspoon ground allspice

- 1.5 teaspoons ground cinnamon
- 0.3 teaspoon ground ginger
- 0.3 teaspoon ground nutmeg
- 3.5 tablespoons ice water
- 1 cup milk 2% low-fat
- 3 tablespoons maple syrup
- 0.3 cup pecans coarsely chopped
- 1.8 cups pumpkin unsweetened canned
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1 teaspoon sugar
- 0.5 teaspoon vanilla extract
- 1.5 teaspoons vanilla extract
- 3 tablespoons vegetable shortening

Equipment

- bowl
- oven
- whisk
- wire rack
- blender
- plastic wrap
- aluminum foil

Directions

- Combine 1/4 cup flour and ice water, stirring with a wire whisk until well-blended; set aside.
- Combine remaining 3/4 cup flour, sugar, and 1/4 teaspoon salt in a bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.

- Add ice water mixture; mix with a fork until dry ingredients are moistened. Gently press mixture into a 4-inch circle on heavy-duty plastic wrap, and cover with additional plastic wrap.
- Roll the dough, still covered, into an 11-inch circle, and chill for 10 minutes or until the plastic wrap can be easily removed.
- Remove 1 sheet of plastic wrap; fit dough into a 9-inch pie plate coated with cooking spray, and remove top sheet of plastic wrap. Fold edges under, and flute; prick bottom and sides of dough with a fork.
- Bake at 400 for 15 minutes; let cool on a wire rack.
- Combine pumpkin and the next 13 ingredients (pumpkin through egg) in a bowl, and stir well with a wire whisk.
- Pour into prepared crust; bake at 400 for 40 minutes.
- Combine the pecans, 1/4 cup brown sugar, corn syrup, and 1/2 teaspoon of vanilla, and stir well.
- Sprinkle pecan mixture over pie, and bake an additional 15 minutes or until filling is set (shield the edges of pie crust with aluminum foil, if necessary).
- Let cool completely on a wire rack.

Nutrition Facts

 **PROTEIN 7.22%**  **FAT 28.44%**  **CARBS 64.34%**

Properties

Glycemic Index:57.7, Glycemic Load:12.69, Inflammation Score:-10, Nutrition Score:13.147826174031%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 295.86kcal (14.79%), Fat: 9.24g (14.21%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 47.02g (15.67%), Net Carbohydrates: 44.35g (16.13%), Sugar: 30.14g (33.49%), Cholesterol: 21.93mg (7.31%), Sodium: 262.91mg

(11.43%), Alcohol: 1.6g (100%), Alcohol %: 1.23% (100%), Protein: 5.28g (10.56%), Vitamin A: 8432.38IU (168.65%), Manganese: 0.68mg (34.08%), Vitamin B2: 0.31mg (18.41%), Selenium: 10.16µg (14.52%), Vitamin B1: 0.2mg (13.27%), Vitamin K: 11.5µg (10.95%), Iron: 1.95mg (10.83%), Fiber: 2.67g (10.69%), Folate: 41.52µg (10.38%), Phosphorus: 93.42mg (9.34%), Calcium: 90.86mg (9.09%), Copper: 0.16mg (7.88%), Magnesium: 30.82mg (7.71%), Potassium: 263.52mg (7.53%), Vitamin E: 1.01mg (6.72%), Vitamin B3: 1.32mg (6.6%), Vitamin B5: 0.59mg (5.93%), Zinc: 0.69mg (4.58%), Vitamin B6: 0.08mg (4.22%), Vitamin B12: 0.24µg (3.93%), Vitamin D: 0.43µg (2.9%), Vitamin C: 2.34mg (2.84%)