



Pumpkin Streusel Pie

READY IN



45 min.

SERVINGS



12

CALORIES



1090 kcal

DESSERT

Ingredients

- 0.5 cup firmly brown sugar dark packed
- 15 oz pumpkin canned
- 2 large eggs beaten to blend
- 12 oz evaporated milk canned
- 1 tablespoon flour all-purpose
- 0.5 cup granulated sugar
- 1.5 teaspoons ground cinnamon
- 0.3 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg

- 10 inch pie pastry) for a single-crust pie (for leaves, see notes above)
- 0.5 teaspoon salt
- 12 servings walnut streusel

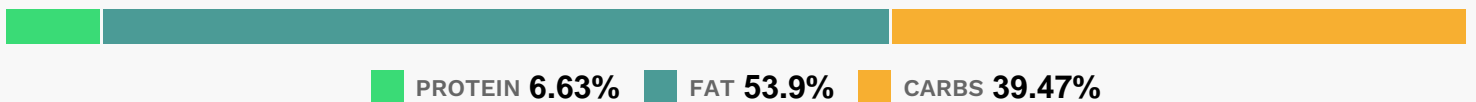
Equipment

- bowl
- frying pan
- oven
- knife
- whisk

Directions

- Preheat oven to 37
- In a bowl, mix granulated sugar, brown sugar, flour, cinnamon, nutmeg, salt, and ginger.
- Add pumpkin, milk, and eggs; whisk until well blended.
- Pour mixture into unbaked 10-inch pie pastry in pan.
- Sprinkle walnut streusel evenly over filling.
- Bake on the bottom rack until a knife inserted in center comes out clean, 60 to 65 minutes.
- Set on a rack until cool to touch, about 2 hours.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:6.6, Inflammation Score:-10, Nutrition Score:26.225217342377%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg

Nutrients (% of daily need)

Calories: 1090.49kcal (54.52%), Fat: 66.11g (101.71%), Saturated Fat: 17.08g (106.72%), Carbohydrates: 108.96g (36.32%), Net Carbohydrates: 101.58g (36.94%), Sugar: 22.07g (24.52%), Cholesterol: 39.22mg (13.07%), Sodium: 825.53mg (35.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.29g (36.58%), Vitamin A: 5636.3IU (112.73%), Manganese: 1.89mg (94.42%), Folate: 157.82µg (39.46%), Vitamin B1: 0.59mg (39.4%), Iron: 6.03mg (33.5%), Copper: 0.66mg (32.91%), Phosphorus: 311.7mg (31.17%), Fiber: 7.38g (29.51%), Vitamin B2: 0.48mg (28.24%), Vitamin B3: 5.08mg (25.41%), Magnesium: 89.71mg (22.43%), Selenium: 14.73µg (21.04%), Vitamin K: 18.92µg (18.02%), Calcium: 159.49mg (15.95%), Vitamin B6: 0.3mg (14.87%), Zinc: 2.08mg (13.86%), Potassium: 479.33mg (13.7%), Vitamin B5: 1.31mg (13.12%), Vitamin E: 1.49mg (9.94%), Vitamin C: 2.43mg (2.94%), Vitamin B12: 0.12µg (1.99%), Vitamin D: 0.19µg (1.3%)