



Pumpkin Toffee Pie

READY IN



85 min.

SERVINGS



8

CALORIES



496 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 3 eggs
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup heavy cream
- ☐ 1 cup brown sugar light
- ☐ 0.5 cup milk
- ☐ 1 pinch salt

- ☐ 0.8 cup toffee baking bits
- ☐ 1 9-inch unbaked pie crust
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

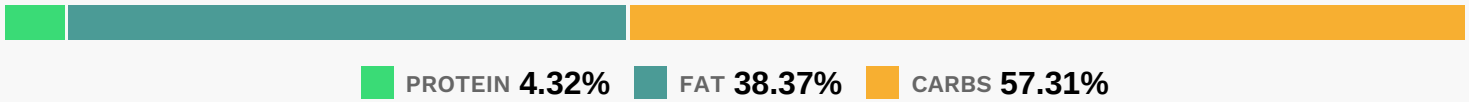
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Sprinkle toffee bits into pie shell; set aside.
- ☐ In a large bowl, combine pumpkin puree, white sugar, brown sugar, cinnamon, ginger, nutmeg, vanilla and salt. Beat in the milk, cream and eggs until filling is smooth and creamy.
- ☐ Pour filling over toffee bits in pie shell.
- ☐ Place on baking sheet in the middle of the oven.
- ☐ Bake in the preheated oven for 60 to 90 minutes, or until filling is set and crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:29.26, Glycemic Load:16.35, Inflammation Score:-10, Nutrition Score:11.705652236938%

Nutrients (% of daily need)

Calories: 496.34kcal (24.82%), Fat: 21.46g (33.01%), Saturated Fat: 10.94g (68.38%), Carbohydrates: 72.1g (24.03%), Net Carbohydrates: 69.67g (25.33%), Sugar: 56.33g (62.58%), Cholesterol: 103.09mg (34.36%), Sodium: 180.93mg (7.87%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 5.44g (10.88%), Vitamin A: 8862.11IU (177.24%), Manganese: 0.37mg (18.36%), Vitamin B2: 0.21mg (12.6%), Selenium: 8.17µg (11.68%), Vitamin K: 11.64µg (11.09%), Iron: 1.99mg (11.03%), Phosphorus: 102.46mg (10.25%), Fiber: 2.43g (9.71%), Calcium: 91.21mg (9.12%),

Folate: 33.1µg (8.27%), Vitamin E: 1.21mg (8.09%), Vitamin B5: 0.73mg (7.3%), Potassium: 247.76mg (7.08%),
Vitamin B1: 0.1mg (6.81%), Magnesium: 25.24mg (6.31%), Copper: 0.11mg (5.39%), Vitamin B6: 0.1mg (5.03%),
Vitamin D: 0.74µg (4.91%), Vitamin B3: 0.98mg (4.89%), Vitamin B12: 0.28µg (4.62%), Zinc: 0.57mg (3.8%), Vitamin
C: 2.39mg (2.89%)