



 **3%**
HEALTH SCORE

Pumpkin Toffee Pie

READY IN



85 min.

SERVINGS



8

CALORIES



601 kcal

DESSERT

Ingredients

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

- 1 pinch salt
- 0.8 cup toffee chips
- 1 9-inch pie crust dough ()
- 1 teaspoon vanilla extract
- 0.5 cup granulated sugar white

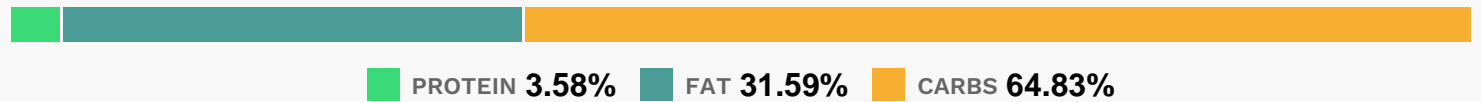
Equipment

- 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:12.068260825199%

Nutrients (% of daily need)

Calories: 600.84kcal (30.04%), Fat: 21.46g (33.01%), Saturated Fat: 10.94g (68.38%), Carbohydrates: 99.07g (33.02%), Net Carbohydrates: 96.65g (35.14%), Sugar: 83g (92.22%), Cholesterol: 103.09mg (34.36%), Sodium: 188.63mg (8.2%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 5.47g (10.95%), Vitamin A: 8862.11IU

(177.24%), Manganese: 0.38mg (19.24%), Vitamin B2: 0.21mg (12.6%), Selenium: 8.5µg (12.15%), Iron: 2.18mg (12.12%), Calcium: 114.03mg (11.4%), Vitamin K: 11.64µg (11.09%), Phosphorus: 103.56mg (10.36%), Fiber: 2.43g (9.71%), Folate: 33.37µg (8.34%), Potassium: 284.33mg (8.12%), Vitamin E: 1.21mg (8.09%), Vitamin B5: 0.77mg (7.67%), Magnesium: 27.71mg (6.93%), Vitamin B1: 0.1mg (6.81%), Copper: 0.12mg (6.04%), Vitamin B6: 0.11mg (5.59%), Vitamin B3: 1.01mg (5.04%), Vitamin D: 0.74µg (4.91%), Vitamin B12: 0.28µg (4.62%), Zinc: 0.58mg (3.85%), Vitamin C: 2.39mg (2.89%)