



REAL Homemade Pumpkin Pie

READY IN



210 min.

SERVINGS



16

CALORIES



217 kcal

Ingredients

- ☐ 4 eggs beaten
- ☐ 3 cups evaporated milk
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 teaspoon salt
- ☐ 1 medium pumpkin
- ☐ 2 9-inch unbaked pie crusts ()

Equipment

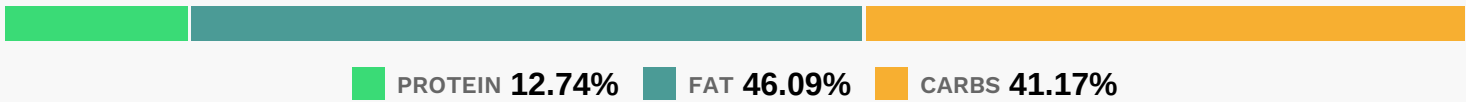
- ☐ food processor

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ toothpicks

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Cut out top of pumpkin and clean out all seeds and strings from inside. Slice pumpkin vertically into 3 inch wide strips.
- ☐ Place strips onto a baking sheet.
- ☐ Bake in preheated oven for about 1 hour. Once done, scrape the pumpkin from the skins, then beat with a mixer or puree in a food processor until smooth.
- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Mix the nutmeg, ginger, salt, evaporated milk and eggs with the pumpkin puree.
- ☐ Pour mixture into two 9 inch pie crusts.
- ☐ Bake in preheated oven for 15 minutes. Reduce oven temperature to 350 degrees F (175 degrees C) and bake for an additional 35 to 40 minutes, or until toothpick inserted into center comes out clean. Cool and refrigerate.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:12.480869593828%

Flavonoids

Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg

Nutrients (% of daily need)

Calories: 216.94kcal (10.85%), Fat: 11.27g (17.34%), Saturated Fat: 4.63g (28.96%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 21.56g (7.84%), Sugar: 7.17g (7.97%), Cholesterol: 54.62mg (18.21%), Sodium: 314.2mg (13.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Vitamin A: 7408.79IU (148.18%), Vitamin B2: 0.34mg (19.76%), Phosphorus: 173.57mg (17.36%), Calcium: 152.54mg (15.25%), Potassium: 473.71mg (13.53%),

Manganese: 0.27mg (13.41%), Vitamin C: 8.55mg (10.37%), Folate: 40.16µg (10.04%), Vitamin B1: 0.14mg (9.22%), Iron: 1.64mg (9.12%), Selenium: 6.22µg (8.88%), Vitamin B5: 0.83mg (8.25%), Vitamin E: 1.21mg (8.05%), Copper: 0.14mg (7.21%), Magnesium: 27.11mg (6.78%), Vitamin B3: 1.3mg (6.49%), Zinc: 0.9mg (5.99%), Vitamin B6: 0.11mg (5.38%), Fiber: 1.09g (4.37%), Vitamin K: 3.08µg (2.93%), Vitamin B12: 0.17µg (2.89%), Vitamin D: 0.27µg (1.78%)