



## Signature Pumpkin Pie

READY IN



60 min.

SERVINGS



8

CALORIES



328 kcal

### Ingredients

- 15 ounce pumpkin canned
- 19-inch unbaked deep dish pie crust frozen ()
- 2 eggs
- 1 tablespoon pumpkin pie spice mccormick®
- 14 ounce condensed milk sweetened canned

### Equipment

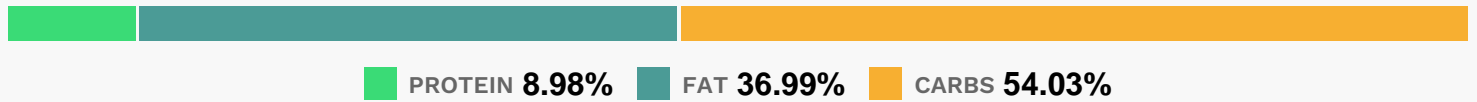
- bowl
- baking sheet
- oven

- knife
- wire rack
- aluminum foil

## Directions

- Preheat oven to 425 degrees F.
- Place pie crust on large foil-lined baking sheet.
- Mix pumpkin, milk, eggs and pumpkin pie spice in large bowl until smooth.
- Pour into crust.
- Bake 15 minutes. Reduce oven temperature to 350 degrees F.
- Bake 40 minutes longer or until knife inserted 1 inch from crust comes out clean. Cool completely on wire rack.
- Serve with Vanilla Whipped Cream, if desired.

## Nutrition Facts



## Properties

Glycemic Index:7.63, Glycemic Load:16.46, Inflammation Score:-10, Nutrition Score:13.229999936145%

## Nutrients (% of daily need)

Calories: 327.83kcal (16.39%), Fat: 13.72g (21.11%), Saturated Fat: 5.49g (34.32%), Carbohydrates: 45.11g (15.04%), Net Carbohydrates: 43.06g (15.66%), Sugar: 28.84g (32.05%), Cholesterol: 57.79mg (19.26%), Sodium: 181.4mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.5g (15%), Vitamin A: 8466.39IU (169.33%), Vitamin B2: 0.33mg (19.22%), Phosphorus: 186mg (18.6%), Selenium: 12.27µg (17.53%), Calcium: 171.64mg (17.16%), Manganese: 0.34mg (16.93%), Vitamin K: 13.29µg (12.65%), Iron: 1.81mg (10.07%), Folate: 38.94µg (9.73%), Potassium: 339.42mg (9.7%), Vitamin B5: 0.86mg (8.55%), Vitamin B1: 0.13mg (8.46%), Fiber: 2.05g (8.19%), Magnesium: 31.7mg (7.93%), Vitamin E: 1.12mg (7.49%), Zinc: 0.85mg (5.64%), Vitamin B12: 0.32µg (5.27%), Vitamin B3: 1.03mg (5.15%), Copper: 0.1mg (4.91%), Vitamin B6: 0.09mg (4.5%), Vitamin C: 3.7mg (4.48%), Vitamin D: 0.32µg (2.13%)