



## Spiced Pumpkin Chiffon Pie

READY IN



45 min.

SERVINGS



10

CALORIES



255 kcal

DESSERT

### Ingredients

- 0.5 ounce bittersweet chocolate shaved
- 0.5 cup brown sugar packed
- 1.3 cups pumpkin canned
- 0.1 teaspoon cream of tartar
- 2 large egg whites
- 2 large egg yolks
- 1 envelope gelatin powder unflavored
- 5 tablespoons granulated sugar divided
- 0.8 teaspoon ground cinnamon

- 0.1 teaspoon ground nutmeg
- 0.5 cup heavy whipping cream
- 0.5 teaspoon lemon rind grated
- 0.7 cup evaporated milk low-fat
- 0.3 cup orange juice fresh
- 10 servings piecrust dough light all-purpose
- 0.3 teaspoon salt
- 3 tablespoons water

## Equipment

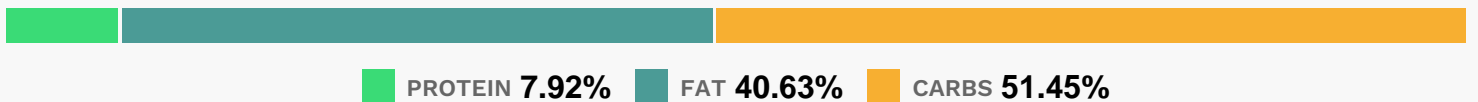
- bowl
- sauce pan
- oven
- whisk
- wire rack
- blender
- plastic wrap
- aluminum foil
- microwave
- candy thermometer

## Directions

- Preheat oven to 40
- Remove 2 sheets of plastic from All-Purpose Light Piecrust dough. Fit dough, plastic wrap side up, into a 9-inch pie plate coated with cooking spray.
- Remove top sheets of plastic wrap. Fold edges under; flute. Pierce bottom and sides of dough with a fork; freeze 10 minutes. Line bottom of dough with a piece of foil; arrange pie weights or dried beans on foil.
- Bake at 400 for 25 minutes or until browned.

- Remove weights and foil. Cool completely on a wire rack.
- Combine pumpkin and next 6 ingredients (through egg yolks) in a medium saucepan, stirring with a whisk. Stir in milk; bring to a boil. Reduce heat, and simmer 4 minutes or until slightly thick, stirring frequently.
- Remove from heat.
- Sprinkle gelatin over orange juice in a small microwave-safe bowl; let stand 1 minute. Microwave at HIGH 15 seconds, stirring until gelatin dissolves. Stir gelatin mixture into pumpkin mixture. Cool.
- Place 2 egg whites and cream of tartar in a large bowl; beat with a mixer at high speed until frothy. Gradually add 1 tablespoon granulated sugar, beating until soft peaks form.
- Combine remaining 1/4 cup granulated sugar and 3 tablespoons water in a saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 25
- Pour hot sugar syrup in a thin stream over egg whites, beating at high speed until stiff peaks form. Gently stir one-fourth of egg white mixture into pumpkin mixture; gently fold in remaining egg white mixture.
- Pour into cooled crust. Refrigerate 4 hours or until set.
- Place cream in a medium bowl; beat with a mixer at high speed until soft peaks form.
- Spread evenly over pie; top with chocolate.
- Cut into wedges.

## Nutrition Facts



### Properties

Glycemic Index:19.71, Glycemic Load:4.52, Inflammation Score:-10, Nutrition Score:8.9813043552896%

### Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 255.42kcal (12.77%), Fat: 11.71g (18.01%), Saturated Fat: 5.16g (32.26%), Carbohydrates: 33.35g (11.12%), Net Carbohydrates: 31.71g (11.53%), Sugar: 20.84g (23.16%), Cholesterol: 53.15mg (17.72%), Sodium: 187.34mg (8.15%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.27%), Vitamin A: 5005.16IU (100.1%), Manganese: 0.2mg (9.85%), Selenium: 5.49µg (7.84%), Vitamin B2: 0.13mg (7.5%), Iron: 1.29mg (7.19%), Vitamin K: 7.01µg (6.68%), Folate: 26.48µg (6.62%), Fiber: 1.64g (6.56%), Vitamin C: 4.59mg (5.57%), Vitamin B1: 0.08mg (5.39%), Phosphorus: 52.79mg (5.28%), Copper: 0.1mg (4.85%), Potassium: 151.86mg (4.34%), Vitamin E: 0.63mg (4.23%), Calcium: 42.3mg (4.23%), Magnesium: 16.48mg (4.12%), Vitamin B5: 0.39mg (3.85%), Vitamin B3: 0.75mg (3.77%), Vitamin B6: 0.05mg (2.61%), Vitamin D: 0.37µg (2.49%), Zinc: 0.31mg (2.04%), Vitamin B12: 0.09µg (1.56%)