



 **5%**
HEALTH SCORE

Spiced Pumpkin Phyllo Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



388 kcal

DESSERT

Ingredients

- 5 tablespoons butter melted
- 1.8 pound butternut squash halved seeded
- 1 tablespoon cornstarch
- 3 large eggs
- 6 tablespoons evaporated skim milk canned
- 1 cup brown sugar loosely packed ()
- 1 cup brown sugar loosely packed ()
- 1 teaspoon ground cinnamon

- 1 teaspoon ground ginger
- 1.5 tablespoons cup heavy whipping cream
- 0.3 teaspoon nutmeg freshly grated for garnish
- 9 inch sheets dough fresh frozen thawed
- 0.5 teaspoon salt
- 2 tablespoons sugar
- 0.8 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- plastic wrap
- tart form

Directions

- Preheat oven to 375°F. Line rimmed baking sheet with parchment paper.
- Place pumpkin, cut side down, on parchment.
- Bake until very tender, about 1 hour. Cool.
- Scoop pumpkin flesh into processor; discard skin.
- Combine cinnamon, ginger, and 1/4 teaspoon nutmeg in small bowl.
- Add half of cinnamon mixture to pumpkin in processor.
- Add brown sugar, eggs, milk, cream, cornstarch, vanilla, and salt. Process until very smooth. DO AHEAD: Filling can be made 1 day ahead.
- Transfer to large bowl, cover, and chill.
- Increase oven temperature to 425°F. Lightly butter 9-inch-diameter tart pan with removable bottom.

- Place rimmed bakingsheet in oven to heat. Stir 2 tablespoons sugar into remaining cinnamon mixture.
- Lay 1 phyllo sheet on clean work surface and brush lightly with butter (keep remaining phyllo sheets covered with plastic wrap and damp towel to prevent drying).
- Sprinkle 1 scant teaspoonful cinnamon mixture over phyllo. Repeat 4 times with phyllo, butter, and cinnamon mixture. Arrange stacked phyllo in tart pan, gently pressing and allowing long sides to hang over edge of pan. Repeat layering process with 5 remaining phyllo sheets. Arrange stacked phyllo crosswise atop first sheets so that overhanging corners point in opposite directions.
- Roll overhang in to form edge of crust.
- Pour pumpkin into pan.
- Place pie on hot baking sheet and bake 10 minutes. Reduce oven temperature to 375°F and bake until tester inserted into center of filling comes out clean, 40 to 45 minutes. Cool at least 20 minutes. Grate nutmeg over and serve warm.
- Per serving: 349.6 kcal calories, 29.6 % calories from fat,
- 5 g fat, 6.0 g saturated fat, 10
- Bon Appétit

Nutrition Facts

PROTEIN 4.64% **FAT 22.89%** **CARBS 72.47%**

Properties

Glycemic Index: 29.14, Glycemic Load: 2.66, Inflammation Score: -10, Nutrition Score: 13.526956532312%

Nutrients (% of daily need)

Calories: 388.3kcal (19.42%), Fat: 10.23g (15.75%), Saturated Fat: 5.83g (36.45%), Carbohydrates: 72.92g (24.31%), Net Carbohydrates: 70.69g (25.71%), Sugar: 60.05g (66.72%), Cholesterol: 92.19mg (30.73%), Sodium: 275.35mg (11.97%), Alcohol: 0.13g (100%), Alcohol %: 0.08% (100%), Protein: 4.67g (9.33%), Vitamin A: 10953.9IU (219.08%), Vitamin C: 21mg (25.46%), Manganese: 0.39mg (19.29%), Calcium: 143.76mg (14.38%), Potassium: 497.8mg (14.22%), Vitamin E: 1.86mg (12.42%), Selenium: 8.23µg (11.75%), Magnesium: 45.65mg (11.41%), Vitamin B6: 0.22mg (10.88%), Phosphorus: 100.75mg (10.07%), Folate: 40.15µg (10.04%), Vitamin B2: 0.16mg (9.4%), Iron: 1.62mg (9.01%), Fiber: 2.23g (8.92%), Vitamin B5: 0.87mg (8.68%), Vitamin B1: 0.13mg (8.58%), Vitamin B3: 1.44mg (7.18%), Copper: 0.12mg (5.98%), Vitamin D: 0.64µg (4.3%), Zinc: 0.55mg (3.69%), Vitamin B12: 0.21µg (3.55%), Vitamin K: 2µg (1.91%)