



Spiced Pumpkin Phyllo Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



284 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 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

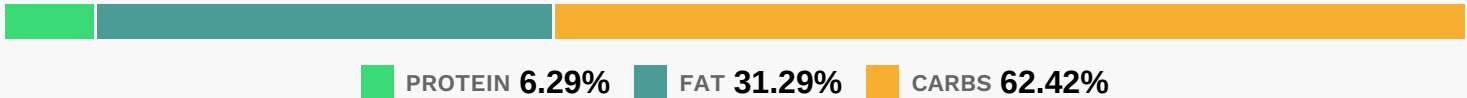
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ tart form

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 tablespoonssugar into remaining cinnamon mixture.
- ☐
- Lay 1 phyllo sheet on clean work surfaceand brush lightly with butter (keep remainingphyllo sheets covered with plastic wrap anddamp towel to prevent drying).
- ☐
- Sprinkle 1scant teaspoonful cinnamon mixture overphyllo. Repeat 4 times with phyllo, butter, andcinnamon mixture. Arrange stacked phylloin tart pan, gently pressing and allowinglong sides to hang over edge of pan. Repeatlayering process with 5 remaining phyllosheets. Arrange stacked phyllo crosswise atopfirst sheets so that overhanging corners pointin opposite directions.
- ☐
- Roll overhang in to formedge of crust.
- ☐
- Pour pumpkin into pan.
- ☐
- Place pie on hot baking sheet and bake10 minutes. Reduce oven temperature to375°F and bake until tester inserted intocenter of filling comes out clean, 40 to 45minutes. Cool at least 20 minutes. Gratenutmeg 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



Properties

Glycemic Index:29.14, Glycemic Load:2.66, Inflammation Score:-10, Nutrition Score:13.164347798928%

Nutrients (% of daily need)

Calories: 283.8kcal (14.19%), Fat: 10.23g (15.75%), Saturated Fat: 5.83g (36.45%), Carbohydrates: 45.94g (15.31%), Net Carbohydrates: 43.71g (15.9%), Sugar: 33.38g (37.08%), Cholesterol: 92.19mg (30.73%), Sodium: 267.65mg (11.64%), Alcohol: 0.13g (100%), Alcohol %: 0.09% (100%), Protein: 4.63g (9.27%), Vitamin A: 10953.9IU (219.08%), Vitamin C: 21mg (25.46%), Manganese: 0.37mg (18.41%), Potassium: 461.22mg (13.18%), Vitamin E: 1.86mg (12.42%), Calcium: 120.93mg (12.09%), Selenium: 7.9µg (11.28%), Magnesium: 43.18mg (10.79%), Vitamin B6: 0.21mg (10.32%), Folate: 39.87µg (9.97%), Phosphorus: 99.65mg (9.96%), Vitamin B2: 0.16mg (9.4%), Fiber: 2.23g (8.92%), Vitamin B1: 0.13mg (8.58%), Vitamin B5: 0.83mg (8.31%), Iron: 1.43mg (7.93%), Vitamin B3: 1.41mg (7.03%), Copper: 0.11mg (5.33%), Vitamin D: 0.64µg (4.3%), Zinc: 0.55mg (3.64%), Vitamin B12: 0.21µg (3.55%), Vitamin K: 2µg (1.91%)