



Spiced Pumpkin Pie

READY IN



65 min.

SERVINGS



8

CALORIES



244 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup egg substitute
- ☐ 12 fluid ounces nonfat evaporated milk
- ☐ 2 cups pumpkin
- ☐ 1 tablespoon pumpkin pie spice
- ☐ 1 9-inch unbaked pie crust

Equipment

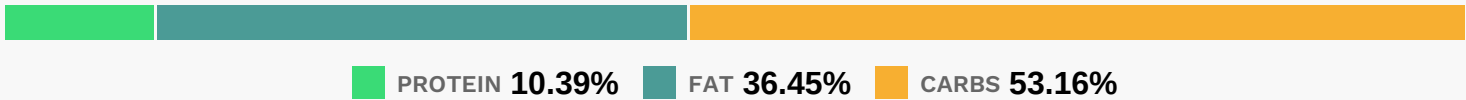
- ☐ bowl

- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, mix together the pumpkin, egg substitute, brown sugar, pumpkin pie spice and nonfat evaporated milk.
- ☐ Pour the pumpkin mixture into the pie crust.
- ☐ Bake in the preheated oven 1 hour, or until a knife inserted in the middle comes out clean.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:8.9704347537911%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg

Nutrients (% of daily need)

Calories: 243.68kcal (12.18%), Fat: 9.99g (15.38%), Saturated Fat: 4.14g (25.88%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 31.92g (11.61%), Sugar: 18.95g (21.05%), Cholesterol: 12.86mg (4.29%), Sodium: 183.65mg (7.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.82%), Vitamin A: 2610.74IU (52.21%), Vitamin B2: 0.27mg (16.09%), Calcium: 154.08mg (15.41%), Manganese: 0.28mg (13.9%), Phosphorus: 133.04mg (13.3%), Selenium: 8.96µg (12.8%), Potassium: 312.46mg (8.93%), Iron: 1.51mg (8.38%), Vitamin B1: 0.12mg (8.21%), Vitamin B5: 0.74mg (7.38%), Folate: 28.41µg (7.1%), Magnesium: 22.38mg (5.6%), Vitamin E: 0.75mg (4.98%), Vitamin B3: 0.99mg (4.94%), Zinc: 0.72mg (4.77%), Vitamin C: 3.7mg (4.49%), Vitamin B6: 0.08mg (4.05%), Copper: 0.08mg (3.8%), Fiber: 0.88g (3.52%), Vitamin K: 2.65µg (2.53%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.28µg (1.9%)