



Spicy Pumpkin Pie I

READY IN



75 min.

SERVINGS



16

CALORIES



215 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 29 ounce pumpkin puree canned
- ☐ 2 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 cup milk

- ☐ 0.5 teaspoon salt
- ☐ 2 9-inch unbaked pie crusts
- ☐ 0.5 cup sugar white

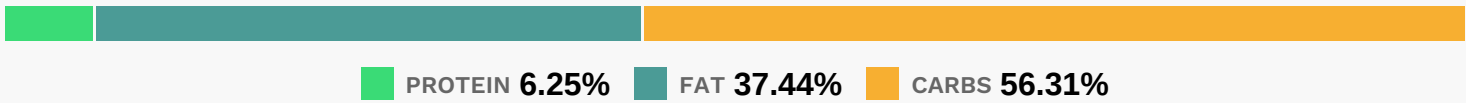
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 450 degrees F (220 degrees C).
- ☐ In a large bowl, mix together butter or margarine, pumpkin, cinnamon, ginger, cloves, and salt. In a separate bowl, beat eggs until foamy.
- ☐ Mix flour, brown sugar, white sugar, and milk into eggs. Blend egg mixture into pumpkin mixture.
- ☐ Pour half of mixture into each pastry lined pan.
- ☐ Bake in preheated oven for 15 minutes. Reduce heat to 375 degrees F (190 degrees C) and bake an additional 45 minutes, until toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:5.15, Inflammation Score:-10, Nutrition Score:9.5060869558998%

Nutrients (% of daily need)

Calories: 215.38kcal (10.77%), Fat: 9.13g (14.04%), Saturated Fat: 3.47g (21.71%), Carbohydrates: 30.89g (10.3%), Net Carbohydrates: 28.67g (10.43%), Sugar: 15.36g (17.07%), Cholesterol: 26.05mg (8.68%), Sodium: 204.46mg (8.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Vitamin A: 8095.63IU (161.91%), Manganese: 0.25mg (12.57%), Vitamin K: 10.32µg (9.83%), Fiber: 2.22g (8.89%), Iron: 1.58mg (8.76%), Vitamin B2: 0.12mg (7.24%), Folate: 28.1µg (7.03%), Vitamin B1: 0.1mg (6.62%), Phosphorus: 64.15mg (6.41%), Selenium: 4.09µg

(5.84%), Vitamin E: 0.77mg (5.15%), Potassium: 172.54mg (4.93%), Magnesium: 19.14mg (4.79%), Calcium: 47.81mg (4.78%), Vitamin B3: 0.95mg (4.76%), Vitamin B5: 0.46mg (4.64%), Copper: 0.08mg (4.18%), Vitamin B6: 0.06mg (3.19%), Vitamin C: 2.16mg (2.62%), Zinc: 0.35mg (2.32%), Vitamin B12: 0.13µg (2.24%), Vitamin D: 0.28µg (1.85%)