



Spicy Pumpkin Pie II

READY IN



70 min.

SERVINGS



8

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 2 cups pumpkin puree canned
- ☐ 2 eggs lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup cup heavy whipping cream light

- ☐ 1 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 1 9-inch unbaked pie crust
- ☐ 0.5 cup sugar white

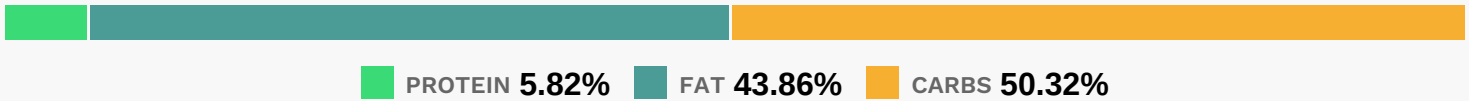
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C.)
- ☐ In a large bowl, combine pumpkin puree, milk, cream, brown sugar and white sugar.
- ☐ Mix in the cinnamon, salt, nutmeg, ginger and cloves. Beat in the flour and eggs.
- ☐ Pour filling into pie shell.
- ☐ Bake for 10 minutes at 450 degrees F (230 degrees C) then reduce the temperature to 350 degrees F (175 degrees C) and bake for 50 minutes, or until filling has set.

Nutrition Facts



Properties

Glycemic Index:32.26, Glycemic Load:9.82, Inflammation Score:-10, Nutrition Score:11.857391315958%

Nutrients (% of daily need)

Calories: 362.09kcal (18.1%), Fat: 18.06g (27.78%), Saturated Fat: 8.86g (55.36%), Carbohydrates: 46.6g (15.53%), Net Carbohydrates: 43.92g (15.97%), Sugar: 29.42g (32.69%), Cholesterol: 77.74mg (25.91%), Sodium: 219.59mg (9.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.79%), Vitamin A: 9945.38IU (198.91%), Manganese: 0.35mg (17.49%), Vitamin B2: 0.21mg (12.51%), Vitamin K: 12.77µg (12.16%), Phosphorus: 112.49mg (11.25%), Fiber: 2.68g (10.73%), Iron: 1.91mg (10.59%), Calcium: 101.14mg (10.11%), Selenium: 6.39µg (9.12%), Folate: 33.21µg (8.3%), Vitamin B1: 0.12mg (8.01%), Vitamin E: 1.17mg (7.82%), Potassium: 263.41mg (7.53%), Vitamin B5: 0.73mg (7.3%), Magnesium: 27.1mg (6.78%), Vitamin B12: 0.32µg (5.37%), Copper: 0.11mg (5.32%), Vitamin B3: 1.04mg (5.18%), Vitamin B6: 0.1mg (5%), Vitamin D: 0.73µg (4.9%), Zinc: 0.58mg (3.89%), Vitamin C: 2.77mg (3.36%)