



Streusel-Topped Pumpkin Pie

READY IN



135 min.

SERVINGS



8

CALORIES



472 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup brown sugar packed
- 2 tablespoons butter softened
- 15 ounce pumpkin pie filling/mix canned (not pumpkin pie mix)
- 2 eggs slightly beaten
- 12 fluid ounce evaporated milk canned
- 2 tablespoons flour all-purpose
- 0.5 cup granulated sugar
- 1 teaspoon orange zest grated

- 0.5 cup pecans chopped
- 1 pie crust dough refrigerated softened
- 1.5 teaspoons pumpkin pie spice
- 0.3 teaspoon salt
- 8 ounce non-dairy whipped topping frozen

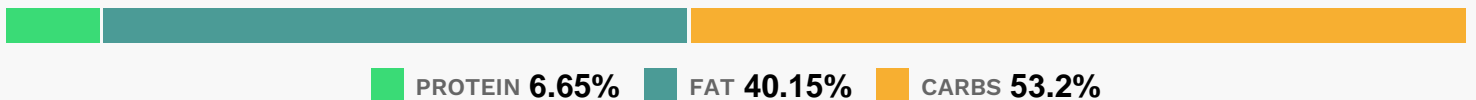
Equipment

- bowl
- frying pan
- oven
- knife
- pie form

Directions

- Heat oven to 425 degrees F.
- Place pie crust in 9-inch glass pie pan as directed on box for One-Crust Filled Pie.
- In large bowl, mix filling ingredients until well blended.
- Pour into crust-lined pan.
- Bake 15 minutes. Reduce oven temperature to 350 degrees F; bake 15 minutes. Meanwhile, in small bowl, mix streusel ingredients.
- Sprinkle streusel over pumpkin filling.
- Bake 15 to 20 minutes longer or until knife inserted in center comes out clean. Cool completely, about 1 hour.
- Gently fold orange peel into whipped topping.
- Serve pie with topping. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:19.39, Glycemic Load:9.79, Inflammation Score:-10, Nutrition Score:14.416086870691%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 472.47kcal (23.62%), Fat: 21.55g (33.15%), Saturated Fat: 8.39g (52.41%), Carbohydrates: 64.25g (21.42%), Net Carbohydrates: 58.52g (21.28%), Sugar: 37.3g (41.45%), Cholesterol: 54.35mg (18.12%), Sodium: 390.41mg (16.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.07%), Vitamin A: 4728.47IU (94.57%), Manganese: 0.7mg (35.05%), Fiber: 5.73g (22.92%), Vitamin B2: 0.34mg (19.84%), Phosphorus: 194.76mg (19.48%), Calcium: 186.4mg (18.64%), Vitamin B5: 1.23mg (12.31%), Folate: 48.32µg (12.08%), Selenium: 8.05µg (11.49%), Vitamin B1: 0.16mg (10.58%), Iron: 1.86mg (10.34%), Potassium: 325.15mg (9.29%), Magnesium: 36.21mg (9.05%), Vitamin B6: 0.16mg (8.24%), Copper: 0.16mg (8.19%), Zinc: 1.09mg (7.25%), Vitamin B3: 1.11mg (5.56%), Vitamin E: 0.64mg (4.26%), Vitamin C: 3.21mg (3.89%), Vitamin B12: 0.23µg (3.82%), Vitamin K: 3.11µg (2.96%), Vitamin D: 0.26µg (1.76%)