



Sugarless Pumpkin Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



92 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 2 eggs
- ☐ 9 inch pastry for a 9 inch single crust pie
- ☐ 0.5 cup milk powder dry
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 2.5 teaspoons pumpkin pie spice
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup artificial sweetener

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1.5 cups water

Equipment

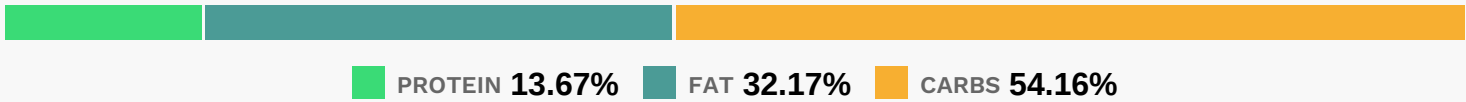
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oven

Directions

- ☐ Combine pumpkin puree, eggs, sugar substitute, salt, pumpkin pie spice, water, and instant milk; mix until smooth and creamy.
- ☐ Pour filling into a unbaked pie shell. Grate nutmeg over filling.
- ☐ Bake at 425 degrees F (220 degrees) for 13 to 15 minutes. Reduce heat to 350 degrees F (175 degrees C), and continue to cook another 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:2.09, Inflammation Score:-10, Nutrition Score:10.10739133669%

Nutrients (% of daily need)

Calories: 91.69kcal (4.58%), Fat: 4.52g (6.96%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 9.49g (3.45%), Sugar: 6.93g (7.7%), Cholesterol: 48.68mg (16.23%), Sodium: 130.3mg (5.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.65%), Vitamin A: 8408.41IU (168.17%), Vitamin B2: 0.18mg (10.82%), Phosphorus: 105.05mg (10.5%), Manganese: 0.2mg (10.02%), Calcium: 98.98mg (9.9%), Vitamin K: 9.35µg (8.91%), Selenium: 5.64µg (8.06%), Vitamin D: 1.06µg (7.07%), Potassium: 237.2mg (6.78%), Fiber: 1.69g (6.76%), Iron: 1.17mg (6.49%), Vitamin B12: 0.36µg (5.97%), Vitamin B5: 0.56mg (5.63%), Magnesium: 22.21mg (5.55%), Vitamin E: 0.75mg (5.02%), Copper: 0.09mg (4.26%), Folate: 16.93µg (4.23%), Vitamin B6: 0.08mg (3.79%), Vitamin C: 3.07mg (3.72%), Zinc: 0.54mg (3.57%), Vitamin B1: 0.05mg (3.48%), Vitamin B3: 0.39mg (1.94%)