



Sugarless Pumpkin Pie II

READY IN



45 min.

SERVINGS



10

CALORIES



872 kcal

DESSERT

Ingredients

- ☐ 1 eggs
- ☐ 1 cup evaporated milk
- ☐ 9 inch pie shell
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 1 cup pumpkin puree
- ☐ 6 packets granulated artificial sweetener

Equipment

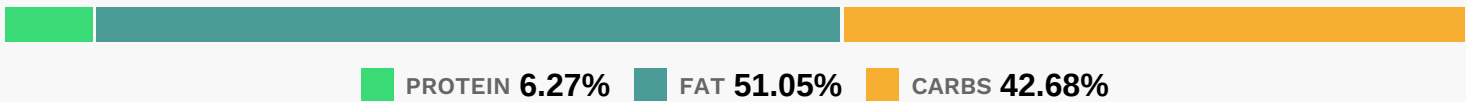
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl whisk together egg, sugar substitute, and pumpkin pie spice until well blended.
- ☐ Add pumpkin and milk to egg mixture, and stir until smooth.
- ☐ Pour mixture into pie shell.
- ☐ Place pie on a baking sheet and bake in preheated oven for 30 minutes, or until set in center.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:18.102608856948%

Nutrients (% of daily need)

Calories: 871.93kcal (43.6%), Fat: 49.34g (75.91%), Saturated Fat: 16.03g (100.19%), Carbohydrates: 92.8g (30.93%), Net Carbohydrates: 87.11g (31.68%), Sugar: 3.52g (3.91%), Cholesterol: 23.68mg (7.89%), Sodium: 770.49mg (33.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.64g (27.28%), Vitamin A: 3899.25IU (77.98%), Manganese: 0.87mg (43.33%), Vitamin B1: 0.51mg (34.32%), Folate: 133.07µg (33.27%), Iron: 5.18mg (28.8%), Vitamin B3: 5.01mg (25.03%), Vitamin B2: 0.42mg (24.66%), Fiber: 5.24g (20.96%), Phosphorus: 198.28mg (19.83%), Selenium: 12.31µg (17.58%), Vitamin K: 17.28µg (16.46%), Calcium: 110.17mg (11.02%), Vitamin B5: 1.06mg (10.55%), Magnesium: 39.48mg (9.87%), Potassium: 308.82mg (8.82%), Copper: 0.17mg (8.47%), Vitamin E: 1.18mg (7.85%), Zinc: 1.11mg (7.38%), Vitamin B6: 0.12mg (6.23%), Vitamin C: 1.55mg (1.88%), Vitamin B12: 0.08µg (1.32%)