



Suzanne's Old Fashioned Pumpkin Pie

 Popular

READY IN



60 min.

SERVINGS



8

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons cinnamon
- ☐ 0.5 cup brown sugar dark packed
- ☐ 2 eggs plus the yolk of a third egg
- ☐ 0.3 teaspoon ground cardamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.5 cup heavy cream

- ☐ 0.5 teaspoon lemon zest
- ☐ 1 crust good (see pâte brisée recipe)
- ☐ 2 cups from pumpkin purée canned
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar white

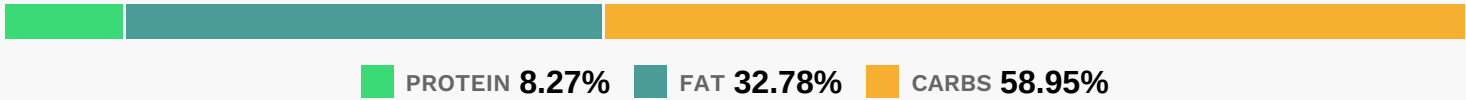
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 425°F.2
- ☐ Mix sugars, salt, and spices, and lemon zest in a large bowl. Beat the eggs and add to the bowl. Stir in the pumpkin purée. Stir in cream.
- ☐ Whisk all together until well incorporated. 3
- ☐ Pour into pie shell and bake at 425°F for 15 minutes. After 15 minutes reduce the temperature to 350°F.
- ☐ Bake 40–50 minutes, or until a knife inserted near the center comes out clean.4 Cool on a wire rack for 2 hours. Note that the pumpkin pie will come out of the oven all puffed up (from the leavening of the eggs), and will deflate as it cools.
- ☐ Serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:5.84, Inflammation Score:-10, Nutrition Score:12.274347839148%

Nutrients (% of daily need)

Calories: 283.37kcal (14.17%), Fat: 10.55g (16.24%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 42.7g (14.23%), Net Carbohydrates: 40.02g (14.55%), Sugar: 28.49g (31.65%), Cholesterol: 62.3mg (20.77%), Sodium: 291.82mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.98%), Vitamin A: 9712.14IU (194.24%), Manganese: 0.43mg (21.37%), Calcium: 166.89mg (16.69%), Phosphorus: 151.82mg (15.18%), Vitamin B2: 0.24mg (14.4%), Vitamin K: 11.91µg (11.35%), Fiber: 2.67g (10.69%), Iron: 1.83mg (10.16%), Potassium: 320.55mg (9.16%), Folate: 32.85µg (8.21%), Vitamin B5: 0.79mg (7.89%), Magnesium: 31.35mg (7.84%), Selenium: 5.44µg (7.77%), Vitamin B1: 0.1mg (6.93%), Vitamin E: 0.96mg (6.37%), Copper: 0.1mg (5.19%), Vitamin B3: 0.94mg (4.7%), Zinc: 0.7mg (4.66%), Vitamin B6: 0.09mg (4.65%), Vitamin C: 3.67mg (4.45%), Vitamin B12: 0.16µg (2.72%), Vitamin D: 0.29µg (1.93%)