



Tempting Pumpkin Pie

READY IN



395 min.

SERVINGS



8

CALORIES



316 kcal

DESSERT

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 2 tablespoons water cold
- ☐ 1 serving sugar
- ☐ 2 eggs
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.1 teaspoon ground cloves
- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 12 oz evaporated milk canned

Equipment

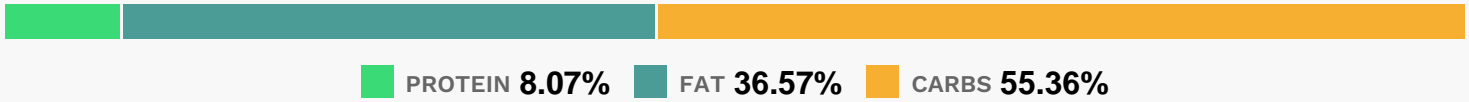
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ rolling pin

Directions

- ☐ In medium bowl, mix flour and salt.
- ☐ Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- ☐ Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- ☐ Gather pastry into a ball. Shape into flattened round on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.
- ☐ Heat oven to 425°F. With floured rolling pin, roll pastry into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate.
- ☐ Cut scraps of rolled pastry with tiny leaf-shaped cookie cutter.

- ☐ Sprinkle cutouts with sugar; press on pastry edge.
- ☐ In medium bowl, beat eggs slightly with wire whisk or hand beater. Beat in all remaining filling ingredients until well blended.
- ☐ To prevent spilling, place pastry-lined pie plate on oven rack.
- ☐ Pour filling into pie plate.
- ☐ Bake 15 minutes.
- ☐ Reduce oven temperature to 350°F.
- ☐ Bake about 45 minutes longer or until knife inserted in center comes out clean. Cool 30 minutes. Refrigerate about 4 hours or until chilled. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:18.4, Inflammation Score:-10, Nutrition Score:12.745652064033%

Nutrients (% of daily need)

Calories: 315.82kcal (15.79%), Fat: 13.08g (20.13%), Saturated Fat: 4.5g (28.1%), Carbohydrates: 44.56g (14.85%), Net Carbohydrates: 39.56g (14.39%), Sugar: 18.33g (20.37%), Cholesterol: 53.25mg (17.75%), Sodium: 463.07mg (20.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Vitamin A: 4572.69IU (91.45%), Manganese: 0.43mg (21.54%), Fiber: 4.99g (19.98%), Vitamin B2: 0.33mg (19.27%), Phosphorus: 149.3mg (14.93%), Selenium: 10.4µg (14.86%), Calcium: 142.52mg (14.25%), Folate: 55.81µg (13.95%), Vitamin B5: 1.17mg (11.72%), Vitamin B1: 0.16mg (10.49%), Iron: 1.63mg (9.04%), Potassium: 237.49mg (6.79%), Vitamin B6: 0.13mg (6.64%), Vitamin B3: 1.23mg (6.14%), Magnesium: 24.01mg (6%), Zinc: 0.73mg (4.9%), Vitamin E: 0.73mg (4.83%), Vitamin K: 5µg (4.76%), Copper: 0.08mg (3.84%), Vitamin C: 2.68mg (3.25%), Vitamin B12: 0.17µg (2.77%), Vitamin D: 0.26µg (1.75%)