



The Bakeshop's Sugar Pumpkin Pie

READY IN



45 min.

SERVINGS



18

CALORIES



315 kcal

DESSERT

Ingredients

- 0.7 cup firmly brown sugar packed
- 1.3 cups plus dark
- 4 large eggs
- 1.3 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves
- 0.8 teaspoon ground ginger
- 2 9-inch baked pie crusts
- 0.8 teaspoon salt
- 3 lb sugar pie pumpkin

1.8 cups whipping cream light (cream)

Equipment

bowl

frying pan

baking sheet

oven

blender

aluminum foil

Directions

Cut pumpkin in half crosswise and set cut side down in a 10- by 15-inch pan.

Bake in a 350 oven until very soft when pressed, about 1 hour.

When cool enough to touch, scoop out and discard pumpkin seeds. Scoop pumpkin flesh from rind and discard rind. Smoothly pure flesh in a blender; you need 2 cups. Seal any extra pure in plastic freezer bags and freeze up to 6 months.

In a bowl, beat to blend the 2 cups pumpkin pure, eggs, sugar, cinnamon, salt, ginger, and cloves. Stir in corn syrup and cream.

Set pie crusts in pans on a foil-lined baking sheet. Set baking sheet on the bottom rack of a 350 oven.

Pour half the pumpkin mixture into each crust.

Bake until pie centers barely jiggle when gently shaken, 50 to 55 minutes. If crust rims start to get too dark, drape affected areas with foil.

Cool pies on racks.

Serve warm or cool. If making ahead, cover and chill up to 1 day.

Nutrition Facts



PROTEIN 5.15% FAT 42.15% CARBS 52.7%

Properties

Glycemic Index:9.28, Glycemic Load:19.8, Inflammation Score:-10, Nutrition Score:10.712173907653%

Flavonoids

Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg

Nutrients (% of daily need)

Calories: 315.16kcal (15.76%), Fat: 15.29g (23.52%), Saturated Fat: 7.53g (47.04%), Carbohydrates: 43.01g (14.34%), Net Carbohydrates: 41.98g (15.27%), Sugar: 29.09g (32.32%), Cholesterol: 67.48mg (22.49%), Sodium: 249.66mg (10.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.41%), Vitamin A: 6836.56IU (136.73%), Manganese: 0.29mg (14.7%), Vitamin B2: 0.22mg (12.8%), Potassium: 339.16mg (9.69%), Selenium: 6.44µg (9.19%), Phosphorus: 87.87mg (8.79%), Iron: 1.58mg (8.77%), Folate: 33.91µg (8.48%), Vitamin C: 6.95mg (8.42%), Vitamin E: 1.24mg (8.26%), Vitamin B1: 0.11mg (7.38%), Copper: 0.14mg (7.03%), Vitamin B5: 0.56mg (5.62%), Vitamin B3: 1.1mg (5.5%), Calcium: 54.34mg (5.43%), Magnesium: 18.32mg (4.58%), Vitamin B6: 0.09mg (4.53%), Fiber: 1.03g (4.11%), Vitamin D: 0.59µg (3.95%), Zinc: 0.56mg (3.73%), Vitamin K: 3.31µg (3.15%), Vitamin B12: 0.14µg (2.27%)