



WHATSheATE



The Ultimate Pumpkin Pie with Crunchy Cranberry Topping

READY IN



165 min.

SERVINGS



8

CALORIES



301 kcal

DESSERT

Ingredients

- ☐ 2.3 ounce amaretto cookies 12 recommended: Amaretti di Saronno
- ☐ 15 ounce pumpkin puree canned
- ☐ 4 ounces cranberries frozen
- ☐ 3 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup heavy cream
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.5 cup pecans

- ☐ 0.5 cup sugar
- ☐ 2 tablespoons butter unsalted

Equipment

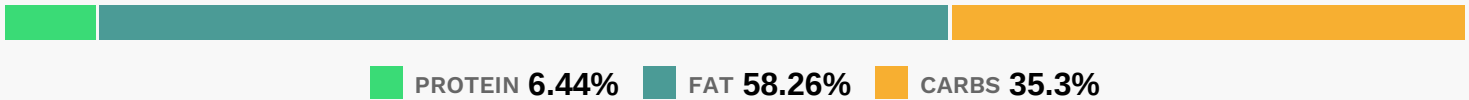
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ rolling pin
- ☐ pie form

Directions

- ☐ Watch how to make this recipe.
- ☐ Make the pastry: combine the flour, sugar, and salt in a large mixing bowl.
- ☐ Add the butter and mix with a pastry blender or your hands until the mixture resembles coarse crumbs.
- ☐ Pour in the ice water and work it in to bind the dough until it holds together without being too wet or sticky. Squeeze a small amount together, if it is crumbly, add more ice water, 1 teaspoon at a time. Form the dough into a ball, wrap it in plastic wrap, and refrigerate it for at least 30 minutes.
- ☐ Sprinkle the counter and a rolling pin lightly with flour.
- ☐ Roll the dough out into a 10-inch circle. Carefully roll the dough up onto the pin and lay it inside a 9-inch pie pan. Press the dough firmly into the bottom and sides so it fits tightly. Trim the excess dough around the rim and pinch the edges to form a border.

- ☐ Place the crust on a sheet pan to catch any spills. Refrigerate until ready to fill.
- ☐ Heat the oven to 375 degrees F.
- ☐ Filling: Puree the pumpkin in a food processor with the butter and a pinch of salt. Measure 1 1/2 cups puree into a bowl. In another bowl beat the eggs and sugar until the sugar has melted.
- ☐ Add the eggs to the pumpkin puree and whisk well.
- ☐ Add the cream, cinnamon, and nutmeg and stir well to combine.
- ☐ Pour the mixture into the pie shell, and place on the bottom rack of the oven.
- ☐ Brush the pastry with the beaten egg white.
- ☐ Bake until the pie is set but still jiggles slightly, 45 to 50 minutes.
- ☐ Remove from the oven and allow it to cool.
- ☐ Meanwhile, put the pecans on a baking sheet and bake them with the pie for about 10 minutes to toast them.
- ☐ Remove them from the oven and let them cool. Thaw the cranberries in a strainer set over a bowl to catch the liquid.
- ☐ Put the cookies, pecans, and cranberries into a food processor and pulse them a few times until they are coarsely chopped.
- ☐ Sprinkle the topping evenly over the cooled pie and serve immediately. Refrigerate leftovers.
- ☐ Photograph by Steve Giralt

Nutrition Facts



Properties

Glycemic Index:25.01, Glycemic Load:9.32, Inflammation Score:-10, Nutrition Score:11.146521770436%

Flavonoids

Cyanidin: 7.25mg, Cyanidin: 7.25mg, Cyanidin: 7.25mg, Cyanidin: 7.25mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg

0.45mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 300.82kcal (15.04%), Fat: 20.29g (31.21%), Saturated Fat: 9.7g (60.65%), Carbohydrates: 27.66g (9.22%), Net Carbohydrates: 24.57g (8.94%), Sugar: 22.04g (24.49%), Cholesterol: 102.52mg (34.17%), Sodium: 57.78mg (2.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.09%), Vitamin A: 8899.29IU (177.99%), Manganese: 0.46mg (23.08%), Fiber: 3.09g (12.36%), Vitamin B2: 0.17mg (10.27%), Vitamin K: 10.75µg (10.24%), Selenium: 6.54µg (9.34%), Vitamin E: 1.37mg (9.14%), Phosphorus: 88.49mg (8.85%), Copper: 0.16mg (7.89%), Iron: 1.38mg (7.67%), Vitamin B5: 0.64mg (6.41%), Magnesium: 25.07mg (6.27%), Vitamin D: 0.86µg (5.72%), Potassium: 199.85mg (5.71%), Vitamin C: 4.48mg (5.43%), Calcium: 51.86mg (5.19%), Vitamin B1: 0.07mg (4.57%), Zinc: 0.68mg (4.53%), Vitamin B6: 0.09mg (4.5%), Folate: 17.04µg (4.26%), Vitamin B12: 0.2µg (3.34%), Vitamin B3: 0.32mg (1.6%)