



Upside-Down Pumpkin Pie

READY IN



180 min.

SERVINGS



8

CALORIES



175 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin pure canned
- ☐ 8 servings cinnamon for optional topping
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 8 servings non-dairy whipped topping fat-free for optional topping (from an aerosol canister)
- ☐ 2 sheets cinnamon graham crackers low-fat crushed finely (8 crackers)
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 cup liquid egg substitute fat-free
- ☐ 2 teaspoons pumpkin pie spice

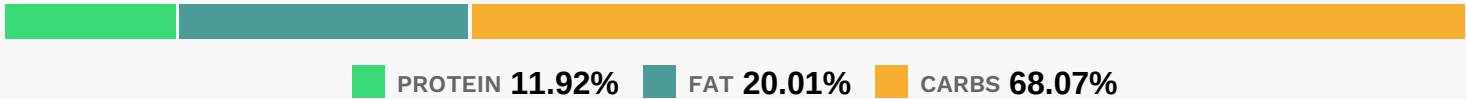
Equipment

- ☐ bowl
- ☐ oven
- ☐ pie form

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Combine all of the ingredients except the graham crackers and optional ingredients in a bowl, and mix thoroughly.
- ☐ Place the mixture in a deep-dish pie pan sprayed lightly with nonstick spray, and bake in the oven for 45 minutes. (It will remain a little soft, like pie filling.) Refrigerate until completely chilled and firm, at least 2 hours. Top evenly with crushed graham crackers.
- ☐ Add whipped topping and cinnamon, if you like.
- ☐ Serve and enjoy!

Nutrition Facts



Properties

Glycemic Index:18.64, Glycemic Load:13.55, Inflammation Score:-10, Nutrition Score:11.828695717065%

Nutrients (% of daily need)

Calories: 175.04kcal (8.75%), Fat: 4.08g (6.28%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 28.41g (10.33%), Sugar: 24.56g (27.29%), Cholesterol: 13.05mg (4.35%), Sodium: 104.52mg (4.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Vitamin A: 8423.03IU (168.46%), Manganese: 0.51mg (25.59%), Calcium: 167mg (16.7%), Vitamin B2: 0.26mg (15.41%), Phosphorus: 127.73mg (12.77%), Fiber: 2.81g (11.26%), Selenium: 7.73µg (11.04%), Vitamin K: 9.57µg (9.11%), Iron: 1.54mg (8.53%), Potassium: 293.62mg (8.39%), Vitamin B5: 0.74mg (7.4%), Magnesium: 28.99mg (7.25%), Vitamin E: 0.93mg (6.2%), Zinc: 0.7mg (4.65%), Vitamin B1: 0.07mg (4.43%), Vitamin B6: 0.09mg (4.26%), Vitamin C: 3.31mg (4.01%), Copper: 0.08mg (3.96%), Folate: 14.8µg (3.7%), Vitamin B12: 0.19µg (3.09%), Vitamin B3: 0.49mg (2.43%), Vitamin D: 0.28µg (1.88%)