

Vanilla Pumpkin Pie

 Popular

READY IN



75 min.

SERVINGS



8

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 2 eggs
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cups pumpkin puree
- ☐ 0.5 teaspoon salt
- ☐ 1 9-inch unbaked pie crust ()
- ☐ 1.3 teaspoons vanilla extract

☐ 0.8 cup sugar white

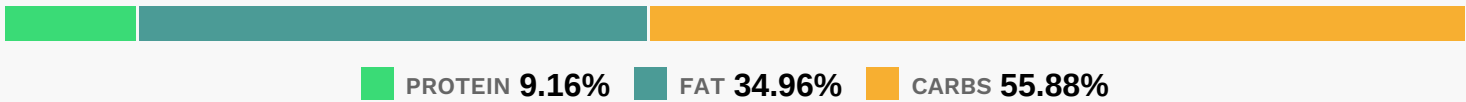
Equipment

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

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ In a large bowl, combine pumpkin, evaporated milk, eggs, sugar, flour, salt vanilla and cinnamon.
- ☐ Pour filling into pie shell.
- ☐ Bake for 20 minutes at 450 degrees F (230 degrees C) then turn oven temperature down to 350 degrees F (175 degrees C) and continue baking 40 more minutes or until a knife inserted in center comes out clean. Cool completely on a wire rack before serving.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:13.61, Inflammation Score:-10, Nutrition Score:11.282173923824%

Nutrients (% of daily need)

Calories: 283.19kcal (14.16%), Fat: 11.12g (17.1%), Saturated Fat: 4.49g (28.06%), Carbohydrates: 39.97g (13.32%), Net Carbohydrates: 37.93g (13.79%), Sugar: 24.81g (27.56%), Cholesterol: 53.78mg (17.93%), Sodium: 312.8mg (13.6%), Alcohol: 0.22g (100%), Alcohol %: 0.19% (100%), Protein: 6.55g (13.11%), Vitamin A: 7315.28IU (146.31%), Vitamin B2: 0.27mg (15.68%), Phosphorus: 147.03mg (14.7%), Calcium: 140.36mg (14.04%), Manganese: 0.22mg (10.77%), Selenium: 6.44µg (9.2%), Iron: 1.63mg (9.06%), Vitamin K: 9.52µg (9.06%), Folate: 33.45µg (8.36%), Fiber: 2.05g (8.2%), Potassium: 271.33mg (7.75%), Vitamin B1: 0.11mg (7.5%), Vitamin B5: 0.74mg (7.41%), Magnesium: 26.64mg (6.66%), Vitamin E: 0.79mg (5.28%), Vitamin B3: 1mg (4.99%), Zinc: 0.69mg (4.57%), Copper: 0.09mg (4.33%), Vitamin B6: 0.08mg (3.99%), Vitamin C: 2.78mg (3.37%), Vitamin B12: 0.17µg (2.81%), Vitamin D: 0.26µg (1.76%)