



Walnut-Date Pumpkin Pie

READY IN



70 min.

SERVINGS



8

CALORIES



510 kcal

DESSERT

Ingredients

- 0.5 cup butter cold cubed
- 1 cup pumpkin puree canned
- 0.5 cup dates finely chopped
- 2 eggs
- 1 cup evaporated milk
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 1 cup brown sugar light divided packed

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- 0.3 cup walnut pieces toasted chopped
- 8 servings whipped cream

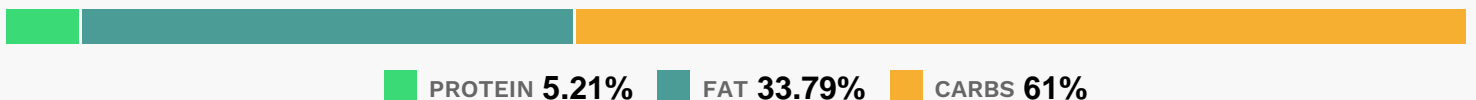
Equipment

- food processor
- bowl
- oven
- knife
- wire rack
- aluminum foil

Directions

- In a food processor, combine the flour, butter and 1/3 cup brown sugar. Cover and pulse until the mixture resembles coarse crumbs. Press onto the bottom and up the sides of a 9-in. pie plate.
- Bake at 350° for 5 minutes; cool on a wire rack.
- In a bowl, beat the eggs, cinnamon, cloves and remaining brown sugar. Beat in the pumpkin and milk. Stir in the dates and walnuts.
- Pour into the crust. Cover edges loosely with foil.
- Bake at 350° for 55–60 minutes or until a knife inserted near the center comes out clean. Cool for 2 hours on a wire rack. Refrigerate until serving.
- Serve with whipped cream. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:12.32, Inflammation Score:-10, Nutrition Score:13.292173929836%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 510.27kcal (25.51%), Fat: 19.73g (30.36%), Saturated Fat: 10.29g (64.29%), Carbohydrates: 80.16g (26.72%), Net Carbohydrates: 77.63g (28.23%), Sugar: 64.05g (71.17%), Cholesterol: 85.12mg (28.37%), Sodium: 158.44mg (6.89%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.84g (13.68%), Vitamin A: 5299.23IU (105.98%), Manganese: 0.46mg (23.21%), Calcium: 165.06mg (16.51%), Vitamin B2: 0.27mg (15.64%), Selenium: 10.93µg (15.62%), Phosphorus: 147.05mg (14.71%), Folate: 47.67µg (11.92%), Vitamin B1: 0.17mg (11.58%), Iron: 2.06mg (11.46%), Potassium: 359.29mg (10.27%), Fiber: 2.53g (10.1%), Copper: 0.19mg (9.61%), Magnesium: 37.22mg (9.31%), Vitamin B5: 0.75mg (7.5%), Vitamin B3: 1.35mg (6.75%), Vitamin K: 6.82µg (6.5%), Vitamin B6: 0.13mg (6.29%), Vitamin E: 0.92mg (6.12%), Zinc: 0.78mg (5.2%), Vitamin B12: 0.19µg (3.16%), Vitamin C: 1.99mg (2.42%), Vitamin D: 0.28µg (1.84%)