



Yummy Pumpkin Pie

READY IN



45 min.

SERVINGS



10

CALORIES



347 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 3 ounce egg custard mix
- ☐ 1 eggs beaten
- ☐ 1 9-inch pie crust ()
- ☐ 1.3 teaspoons pumpkin pie spice
- ☐ 1.5 cups pumpkin puree
- ☐ 1.7 cups condensed milk sweetened
- ☐ 1 cup non-dairy whipped topping frozen thawed

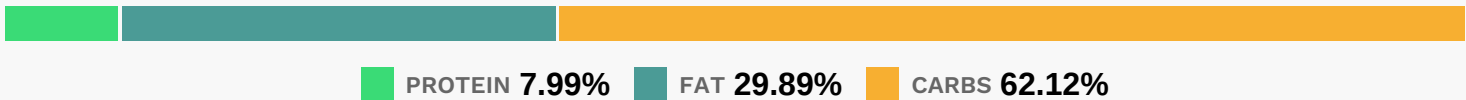
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a large saucepan, combine custard mix, brown sugar, and pumpkin pie spice.
- ☐ Mix well, then add pumpkin, condensed milk, and egg.
- ☐ Whisk mixture until smooth, then cook over medium heat, stirring constantly, until mixture comes to a boil. Boil and stir 1 minute.
- ☐ Pour mixture into baked pastry shell and chill.
- ☐ Garnish with whipped topping before serving.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:16.92, Inflammation Score:-10, Nutrition Score:12.267826121786%

Nutrients (% of daily need)

Calories: 347.32kcal (17.37%), Fat: 11.73g (18.05%), Saturated Fat: 5.66g (35.37%), Carbohydrates: 54.85g (18.28%), Net Carbohydrates: 53.25g (19.36%), Sugar: 36.1g (40.11%), Cholesterol: 55.8mg (18.6%), Sodium: 185.62mg (8.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.12%), Vitamin A: 5904.19IU (118.08%), Phosphorus: 199.31mg (19.93%), Vitamin B2: 0.33mg (19.31%), Calcium: 191.65mg (19.16%), Selenium: 11.87µg (16.95%), Potassium: 352.86mg (10.08%), Manganese: 0.19mg (9.61%), Vitamin B5: 0.88mg (8.76%), Vitamin B1: 0.13mg (8.38%), Iron: 1.46mg (8.14%), Magnesium: 30.43mg (7.61%), Vitamin K: 7.97µg (7.59%), Folate: 28.98µg (7.24%), Fiber: 1.6g (6.41%), Vitamin B12: 0.38µg (6.3%), Zinc: 0.79mg (5.29%), Vitamin B6: 0.09mg (4.36%), Vitamin E: 0.65mg (4.34%), Vitamin B3: 0.83mg (4.16%), Copper: 0.07mg (3.68%), Vitamin C: 2.96mg (3.59%), Vitamin D: 0.19µg (1.27%)