

Eat Smart • Move More

Crustless Pumpkin Pie

Prep Time: 5 minutes

Total Time: 50 minutes



Ingredients

Nonstick cooking spray
4 eggs, cracked and shelled
15 ounces canned pumpkin
8 ounces evaporated milk
1/3 cup sugar
3 teaspoons pumpkin pie spice
1 teaspoon vanilla extract
1/2 teaspoon salt

Nutrition Facts

| | |
|-------------------------------|------------------|
| 8 servings per container | |
| Serving size | 1 serving |
| | (116.43g) |
| Amount per serving | |
| Calories | 130 |
| % Daily Value* | |
| Total Fat 5g | 6% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 100mg | 33% |
| Sodium 210mg | 9% |
| Total Carbohydrate 16g | 6% |
| Dietary Fiber 2g | 7% |
| Total Sugars 13g | |
| Includes 8g of Added Sugars | 16% |
| Protein 6g | |
| Vitamin D 1mcg | 6% |
| Calcium 106mg | 8% |
| Iron 1mg | 8% |
| Potassium 235mg | 6% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Pumpkin is a great source of Vitamins A and C, and are also fat, cholesterol, and sodium free.
- ▶ Don't toss out the pumpkins seeds from your jack-o-lantern. You can roast them for a tasty and healthy snack.

Directions

- Heat oven to 400°F. Spray a pie pan with nonstick cooking spray.
- Add the eggs to a mixing bowl and beat together.
- Next, add the pumpkin, evaporated milk, sugar, pumpkin pie spice, vanilla, and salt. Mix until smooth.
- Pour into the pie pan and bake for 15 minutes.
- Turn the oven down to 325°F and bake for another 30 minutes or until the pie is set. Pie is done when a knife inserted in the center comes out clean.

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(Recipe adapted from: <https://www.verybestbaking.com>.)

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