

PUMPKIN PECAN PIE

INGREDIENTS:

PUMPKIN LAYER:

- 1 unbaked 9-inch (4-cup volume) deep-dish pie shell
- 1 cup pumpkin puree (NOT pumpkin pie filling)
- 1/3 cup granulated sugar
- 1 large egg
- 1 teaspoon pumpkin pie spice* (see note for homemade recipe)

PECAN LAYER:

- 1/3 cup light corn syrup
- 1/3 cup granulated sugar
- 2 large eggs
- 3 tablespoons butter, melted
- 1/2 teaspoon vanilla extract
- 1 cup pecan halves

INSTRUCTIONS

Preheat oven to 350° F.

FOR PUMPKIN LAYER:

Combine pumpkin, sugar, egg and pumpkin pie spice in medium bowl; stir well. Spread over bottom of pie shell.

FOR PECAN LAYER:

Combine corn syrup, sugar, eggs, butter and vanilla extract in same bowl; stir in nuts. Spoon over pumpkin layer.

Bake for 50 minutes or until knife inserted in center comes out clean. Cool on wire rack.

*Note: make homemade pumpkin pie spice with 3 tablespoons ground cinnamon, 2 teaspoons ground ginger, 2 teaspoons ground nutmeg, 1 ½ teaspoons ground allspice and 1 ½ teaspoons ground cloves. (<https://www.bettycrocker.com/how-to/tipslibrary/baking-tips/how-to-make-pumpkin-pie-spice>) If these ingredients are not available, using cinnamon alone will taste good too.

Recipe adapted from: <https://www.verybestbaking.com/recipes/28658/pumpkin-pecan-pie/>



Nutrition Facts	
Serving size	1/12 of pie
Amount Per Serving	
Calories	250
	<small>% Daily Value*</small>
Total Fat 14g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 125mg	5%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 19g	
Includes 17g Added Sugars	34%
Protein 4g	8%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	