

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.

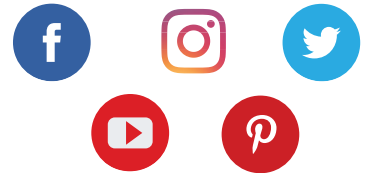
Quick Tips

- ▶ 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.

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

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

www.eatsmartmovemoreva.org