

# Guiltless Pumpkin Pie



Serves: 8

Serving size: 1 slice

Cost: \$2.75 for whole recipe / \$0.34 per person

## Nutrition Facts

Serving Size 1 slice (106.61g)  
Servings Per Container 8

Amount Per Serving

**Calories 120**      **Calories from Fat 25**

% Daily Value\*

**Total Fat** 2.5g      **4%**

**Saturated Fat** 1.5g      **8%**

**Trans Fat** 0g

**Cholesterol** 55mg      **18%**

**Sodium** 105mg      **4%**

**Total Carbohydrate** 20g      **7%**

**Dietary Fiber** 2g      **8%**

**Sugars** 17g

**Protein** 3g

**Vitamin A** 170%      •      **Vitamin C** 4%

**Calcium** 8%      •      **Iron** 6%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Ingredients

- 2 large eggs
- 1/2 cup granulated sugar
- 1 1/2 teaspoons pumpkin pie spice or 3/4 teaspoon each ground cinnamon and ground nutmeg
- 1/4 teaspoon salt
- 1 15-ounce can pumpkin
- 1 5-ounce can fat free evaporated milk
- Optional: Lowfat whipped topping and ground cinnamon.

## Instructions

1. Preheat oven to 350°F. Lightly grease or spray a 9-inch pie plate; set aside.
2. Place eggs in large bowl, beat with a fork or whisk. Add sugar, pumpkin pie spice, and salt. Stir until well mixed.
3. Stir in pumpkin and evaporated milk. Pour into prepared pie plate.
4. Bake for 40 to 45 minutes – or until center is set.
5. Remove from oven and cool on wire rack. Serve immediately or refrigerate until serving time. If desired, add a spoonful of lowfat whipped topping to each serving and sprinkle with additional ground cinnamon.

## Guiltless? Count the Ways

- No crust means fewer calories
- Fat free milk save calories
- 1 serving provides 170% of your daily Vitamin A needs

**Menu Idea:** Baked turkey, Mashed sweet potatoes, Waldorf summer

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