Crustless Pumpkin Pie

Ingredients:
Non-stick cooking spray
4 eggs
15 ounces pumpkin, canned
8 ounces evaporated milk
1/2 teaspoon salt
3 teaspoons pumpkin pie spice
1 teaspoon vanilla
2/3 cup sugar

Equipment:
9" pie pan
Mixing bowl
Wire whisk
Measuring cups
Measuring spoons
Can opener

Directions
1. Preheat oven to 400F. Spray a 9" pie pan with non-stick cooking spray.
2. To crack an egg, tap it in several places on a hard surface until the shell is broken, and pull apart with your fingers. Pour the egg into a glass and check for shells and bad smells. If it is OK, add to mixing bowl. Repeat for other eggs. Be sure to wash hands after handling eggs.
3. Using a mixer, beat eggs together. Add canned pumpkin, evaporated milk, salt, pumpkin pie spice, vanilla and sugar. Mix until smooth.
4. Pour into pie pan and bake at 4002F for 15 minutes
5. Turn oven down to 3252F and bake for another 45 minutes. Pie is done when knife inserted in center comes out clean.

Number of Servings: 8
Preparation Time: 10 min
Total time: 1 hour and 10 min

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 slice</th>
<th>Calories: 162</th>
<th>Calories from Fat: 45</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 5g</td>
<td>% Daily Value: 7%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat: 2g</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 114mg</td>
<td>38%</td>
<td></td>
</tr>
<tr>
<td>Sodium: 201mg</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate: 25g</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber: 2g</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Protein: 6g</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td>Vitamin A: 239%</td>
<td>Vitamin C: 6%</td>
<td></td>
</tr>
<tr>
<td>Iron: 8%</td>
<td>Calcium: 11%</td>
<td></td>
</tr>
</tbody>
</table>

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

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