

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

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

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 400F for 15 minutes
5. Turn oven down to 325F and bake for another 45 minutes. Pie is done when knife inserted in center comes out clean.

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Nutrition Facts

Serving Size: 1 slice
 Servings: 8

Amount Per Serving

Calories 162 Calories from Fat 45

%Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 5g | 7% |
| Saturated Fat 2g | 11% |
| Cholesterol 114mg | 38% |
| Sodium 201mg | 8% |
| Total Carbohydrate 25g | 8% |
| Dietary Fiber 2g | 7% |
| Protein 6g | 11% |

Vitamin A 239% Vitamin C 5%
 Iron 8% Calcium 11%

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

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