



Low-Fat Traditional Pumpkin Pie

Serving Size: 1 slice

Yield: 1 (9-inch) pie, 8 servings

Ingredients:

1 9-inch pastry shell, uncooked (look for non-fat or try the recipe without the crust)

1 (16 ounce) can pumpkin (2 cups)

1 (14 ounce) can non-fat sweetened condensed milk (NOT evaporated milk)

4 egg whites

1 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/2 teaspoon ground nutmeg

1/2 teaspoon salt (optional)



Directions:

1. Preheat oven to 450° F.
2. In a large mixing bowl, combine all ingredients except pastry shell; mix well.
3. Pour mixture into pastry shell. Bake for 15 minutes.
4. Reduce oven temperature to 350° F and bake for an additional 35 to 40 minutes or until a knife inserted 1 inch from edge comes out clean.
5. Cool. Garnish as desired. Refrigerate leftovers.

Tip: If you really want to save fat and calories, skip the crust and continue the recipe as directed. You'll decrease the calories to 170 and the total fat to 0 grams!

Nutrition Facts: Calories, 290; Calories from fat, 63 ; Total fat, 7g; Saturated fat, 3 g; Trans fat 0g; Cholesterol, 10mg; Sodium, 330mg; Total Carbohydrate, 49g; Fiber, 2g; Protein, 7g; Vitamin A, 190%; Vitamin C, 4%; Calcium, 15%; Iron, 6%

Source: www.extension.org



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