



Crustless Pumpkin Pie

By Dena McDowell, MS, RD

Servings: 8

($\frac{3}{4}$ c. slice per person)

Ingredients	Nutrient value per serving
2 T. chopped pecans 2 med. eggs $\frac{1}{2}$ c. brown sugar, loosely packed $1\frac{1}{2}$ t. ground cinnamon 1 t. ground nutmeg $\frac{1}{8}$ t. ground cloves $\frac{1}{4}$ t. ground ginger $\frac{1}{4}$ t. salt $1\frac{1}{4}$ c. fat-free evaporated milk 1 (15-oz.) can pumpkin puree	Exchanges 1 fruit $\frac{1}{2}$ milk $\frac{1}{2}$ fat 2 other carbs 1 free Calories..... 112 Calories from Fat 21 Total Fat..... 3 g Saturated Fat 0 g Cholesterol..... 47 mg Sodium..... 133 mg Carbohydrate 32 g Fiber..... 2 g Sugar 15 g Protein 5 g
Instructions	Notes
<ol style="list-style-type: none"> Preheat oven to 400°F. Toast chopped pecans for 6 min. on baking pan lined with parchment paper. Set aside and let cool. Beat eggs, brown sugar, cinnamon, nutmeg, cloves, ginger and salt in a bowl until blended. Stir in evaporated milk and pumpkin until mixture is smooth. Lightly coat an 8 x 8 in. baking dish with cooking spray before pouring in mixture. Add toasted pecans. Bake in preheated oven for 15 min. Reduce heat to 350°F and continue baking for 1 hr. or until set. Cool for several hours or overnight before serving. 	<p>Prep time: 15 min. Bake time: 1 hr., plus several hours to cool</p> <p><i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. A note that while gluten-free ingredients are listed in the recipes, not all packaged versions of these foods are gluten-free. If you are concerned about gluten, always check the label prior to purchasing.</i></p> <p><i>All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</i></p> <p><i>For simplicity's sake, count other carbohydrates (other carbs) as starches.</i></p>