

# Eat Smart!

## Crustless Pumpkin Pie

Makes 8 servings.

- ¾ cup granulated sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- 2 large eggs
- 1 can (15 ounces) pumpkin (not pumpkin pie filling)
- 1 can (12 ounces) evaporated fat-free milk
- Reduced-fat whipped topping, optional



1. Spray 9-inch round glass pie dish with nonstick cooking spray. Preheat oven to 325°F.
2. Mix sugar, cinnamon, salt, ginger, and cloves in small bowl.
3. Beat eggs in large mixing bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk. Pour into pie dish.
4. Bake for 55 to 60 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or cover and refrigerate. Top with whipped topping if desired.

Source: [www.verybestbaking.com](http://www.verybestbaking.com).

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>(128g)</b>
Amount per serving	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 2g	7%
Total Sugars 24g	
Includes 19g Added Sugars	38%
<b>Protein</b> 5g	
Vitamin D 2mcg	10%
Calcium 139mg	10%
Iron 1mg	6%
Potassium 260mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**K-STATE**  
Research and Extension

Wildcat District