

# Pumpkin Pie



**PREPARATION TIME:** 10-15 minutes

**MAKES:** 3 (9 inch) pies or 24 servings

**BAKE TIME:** 50-60 minutes

*This recipe may be doubled if needed.*

INGREDIENT	MEASUREMENT	METRIC
prepared pie crust	3 crusts for 9 inch pans	648 grams
pumpkin, solid pack	2-3/4 pounds	1247 grams
SPLENDA® No Calorie Sweetener Granular	2-1/4 cups	54 grams
brown sugar, packed	1 cup	220 grams
ginger, ground	2 tablespoons	12 grams
cinnamon, ground	2 tablespoons	12 grams
cloves, ground	1/2 teaspoon	0.75 grams
salt	1-1/2 teaspoons	9 grams
half & half	2-1/4 cups	540 grams
large eggs, lightly beaten	9	450 grams
flavor, vanilla, extract, pure, single fold	1 tablespoon	14.4 grams

**PREHEAT** conventional oven to 375°F.

**BAKE** for 50 to 60 minutes or until set in the center.

Cool completely on a wire rack.

**PREPARE** pie crusts; press out fold lines. Fit pie crust into a 9-inch pie plate according to package directions; fold edges under and crimp.

*Note:* Any pie crust can be used with this filling.

**STIR** together pumpkin, SPLENDA® Granular, brown sugar, ginger, cinnamon, cloves, salt and half & half until blended. Add eggs and vanilla, stirring until blended. Pour filling into pie crusts. Distribute pies in oven for even heating.

## NUTRITION INFORMATION PER SERVING

**Serving Size:** 1 piece or 1/8 pie

Calories	240	Sodium	280mg
Calories from Fat	110	Total Carbohydrate	30g
Total Fat	12g	Dietary Fiber	3g
Saturated Fat	5g	Sugars	12g
Cholesterol	95mg	Protein	5g

This recipe, when compared to a traditional recipe, has a 41% reduction in calories, a 45% reduction in carbohydrates, and a 70% reduction in sugars!

## DIETARY EXCHANGES

2 Starches  
2 Fats

