

# Pumpkin Molasses Pie

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## Servings: 8

*1 nine-inch refrigerated pie crust, unbaked*  
*2 eggs*  
*3/4 cup sugar*  
*2 tablespoons molasses*  
*1 1/4 teaspoons ground cinnamon*  
*1 teaspoon ground ginger*  
*1/2 teaspoon ground nutmeg*  
*1 can (15 ounce) pumpkin puree'*  
*1 2/3 cups heavy cream, divided*  
*1/2 cup milk*  
*2 tablespoons powdered sugar*

Preheat the oven to 375 degrees.

Line the pie crust with foil. Fill with pie weights or dried beans. Bake for 15 minutes. Remove the foil and weights. Bake another 3 to 5 minutes until the pastry is just beginning to color. Remove from the oven and place on a wire rack to cool.

In a mixing bowl, beat the eggs, sugar, molasses, cinnamon, ginger and nutmeg until blended. Turn to low speed. Add the pumpkin, 2/3 cup of cream and milk.

Pour the mixture into the piecrust.

Bake for 35 minutes or until the filling is set. (A knife inserted about one inch from the edge will come out clean.) Cover the pie crust edges with foil or a piecrust shield if browning too quickly. Transfer to a wire rack to cool.

In a bowl, whip the remaining one cup of cream and powdered sugar until soft peaks form.

Serve the pie with whipped cream.

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Per Serving (excluding unknown items): 414 Calories; 27g Fat (58.1% calories from fat); 4g Protein; 40g Carbohydrate; trace Dietary Fiber; 128mg Cholesterol; 146mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 5 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	414	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	58.1%	<b>Vitamin B12 (mcg):</b>	.3mcg
<b>% Calories from Carbohydrates:</b>	37.9%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	3.9%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	27g	<b>Folacin (mcg):</b>	9mcg
<b>Saturated Fat (g):</b>	15g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	6g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	128mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	40g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	1
<b>Protein (g):</b>	4g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	146mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	158mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	72mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	5 1/2
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	1 1/2
<b>Vitamin C (mg):</b>	1mg		
<b>Vitamin A (i.u.):</b>	808IU		
<b>Vitamin A (r.e.):</b>	231 1/2RE		

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 414 **Calories from Fat:** 241

**% Daily Values\***

<b>Total Fat</b> 27g	42%
Saturated Fat 15g	76%
<b>Cholesterol</b> 128mg	43%
<b>Sodium</b> 146mg	6%
<b>Total Carbohydrates</b> 40g	13%
Dietary Fiber trace	1%
<b>Protein</b> 4g	
<b>Vitamin A</b>	16%
<b>Vitamin C</b>	1%
<b>Calcium</b>	7%
<b>Iron</b>	4%

\* Percent Daily Values are based on a 2000 calorie diet.