

## Pies

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# Pumpkin Pie

**3/4 cup brown sugar**  
**2 1/4 cups pumpkin**  
**1/2 teaspoon salt**  
**1 tablespoon flour**  
**1/2 teaspoon cinnamon**  
**1/4 teaspoon ginger**  
**1/8 teaspoon ground cloves**  
**1/4 teaspoon nutmeg**  
**2 eggs**  
**1 pound pumpkin**  
**1 cup evaporated milk**  
**1/2 cup water**

Pre-heat oven to 450 degrees.

Place a pie-shell into a 9-inch pie plate.

Mix all ingredients in a bowl.

Pour mixture into pie shell.

Bake at 450 degrees for 20 minutes.

Reduce oven heat to 350 degrees. Continue baking for 20 minutes.

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Per Serving (excluding unknown items): 1118 Calories; 30g Fat (23.2% calories from fat); 38g Protein; 186g Carbohydrate; 5g Dietary Fiber; 498mg Cholesterol; 1527mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 1/2 Lean Meat; 2 Non-Fat Milk; 4 1/2 Fat; 7 Other Carbohydrates.