

Pumpkin Apple Pie II

*Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers*

*1/3 cup brown sugar
1 tablespoon cornstarch
1/2 teaspoon cinnamon
1/4 teaspoon salt
1/3 cup water
2 tablespoons butter
3 cups apples of your choice, peeled
and thinly sliced
1 large egg, beaten
1/3 cup sugar
3/4 cup canned pumpkin
1/2 teaspoon cinnamon
1/4 teaspoon salt
1/4 teaspoon ground ginger
1/8 teaspoon cloves
3/4 cup evaporated milk
1 unbaked pie shell*

Preheat the oven to 425 degrees.

In a saucepan, mix together the brown sugar, cornstarch, 1/2 teaspoon of cinnamon and 1/4 teaspoon of salt. Stir in the water and butter and cook over medium heat, stirring constantly until the mixture boils. Add the apples and cook for 4 minutes over medium heat.

In a mixing bowl, combine the egg, sugar, pumpkin, 1/2 teaspoon of cinnamon, 1/4 teaspoon of salt, ginger, cloves and evaporated milk. Mix well.

Pour the apple mixture into the pieshell and carefully spoon the pumpkin mixture evenly over the apples.

Bake for 10 minutes. Reduce the oven to to 375 degrees. Bake for 40 minutes more or until the filling is set around the edges.

Cool on a rack before serving.

Per Serving (excluding unknown items): 1068 Calories; 43g Fat (35.2% calories from fat); 22g Protein; 156g Carbohydrate; 7g Dietary Fiber; 330mg Cholesterol; 1603mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 3 Vegetable; 1 1/2 Non-Fat Milk; 7 1/2 Fat; 7 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1068	Vitamin B6 (mg):	.3mg
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% Calories from Fat:	35.2%
% Calories from Carbohydrates:	57.0%
% Calories from Protein:	7.9%
Total Fat (g):	43g
Saturated Fat (g):	25g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	330mg
Carbohydrate (g):	156g
Dietary Fiber (g):	7g
Protein (g):	22g
Sodium (mg):	1603mg
Potassium (mg):	1213mg
Calcium (mg):	654mg
Iron (mg):	6mg
Zinc (mg):	3mg
Vitamin C (mg):	12mg
Vitamin A (i.u.):	42397IU
Vitamin A (r.e.):	4475RE

Vitamin B12 (mcg):	1.0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	64mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1
Vegetable:	3
Fruit:	0
Non-Fat Milk:	1 1/2
Fat:	7 1/2
Other Carbohydrates:	7 1/2

Nutrition Facts

Amount Per Serving

Calories	1068	Calories from Fat: 376
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% Daily Values*

Total Fat	43g	66%
Saturated Fat	25g	124%
Cholesterol	330mg	110%
Sodium	1603mg	67%
Total Carbohydrates	156g	52%
Dietary Fiber	7g	27%
Protein	22g	
Vitamin A		848%
Vitamin C		20%
Calcium		65%
Iron		32%

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