

Pumpkin Apple Pie

Scripps Howard 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
1/4 cup evaporated milk
1 unbaked nine-inch 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 the 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 pie shell and carefully spoon the pumpkin mixture evenly over the apples.

Put the pie in the oven. Bake for 10 minutes.

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

Cool on a rack before serving.

Per Serving (excluding unknown items): 899 Calories; 33g Fat (32.4% calories from fat); 13g Protein; 144g Carbohydrate; 7g Dietary Fiber; 293mg Cholesterol; 1470mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 3 Vegetable; 1/2 Non-Fat Milk; 6 Fat; 7 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

| | |
|--------------------------------|---------|
| Calories (kcal): | 899 |
| % Calories from Fat: | 32.4% |
| % Calories from Carbohydrates: | 62.0% |
| % Calories from Protein: | 5.6% |
| Total Fat (g): | 33g |
| Saturated Fat (g): | 19g |
| Monounsaturated Fat (g): | 10g |
| Polyunsaturated Fat (g): | 2g |
| Cholesterol (mg): | 293mg |
| Carbohydrate (g): | 144g |
| Dietary Fiber (g): | 7g |
| Protein (g): | 13g |
| Sodium (mg): | 1470mg |
| Potassium (mg): | 831mg |
| Calcium (mg): | 325mg |
| Iron (mg): | 6mg |
| Zinc (mg): | 2mg |
| Vitamin C (mg): | 10mg |
| Vitamin A (i.u.): | 41897IU |
| Vitamin A (r.e.): | 4383RE |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | .2mg |
| Vitamin B12 (mcg): | .8mcg |
| Thiamin B1 (mg): | .1mg |
| Riboflavin B2 (mg): | .6mg |
| Folacin (mcg): | 54mcg |
| Niacin (mg): | 1mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Deficient: | 0.0% |

Food Exchanges

| | |
|----------------------|-------|
| Grain (Starch): | 1/2 |
| Lean Meat: | 1 |
| Vegetable: | 3 |
| Fruit: | 0 |
| Non-Fat Milk: | 1/2 |
| Fat: | 6 |
| Other Carbohydrates: | 7 1/2 |

Nutrition Facts

Amount Per Serving

| | | |
|-----------------|-----|------------------------|
| Calories | 899 | Calories from Fat: 291 |
|-----------------|-----|------------------------|

% Daily Values*

| | | |
|----------------------------|--------|-----|
| Total Fat | 33g | 51% |
| Saturated Fat | 19g | 95% |
| Cholesterol | 293mg | 98% |
| Sodium | 1470mg | 61% |
| Total Carbohydrates | 144g | 48% |
| Dietary Fiber | 7g | 27% |
| Protein | 13g | |

| | |
|------------------|------|
| Vitamin A | 838% |
| Vitamin C | 16% |
| Calcium | 32% |
| Iron | 31% |

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