

Pumpkin cheese pie



Recipe credit

California Health Department - Los Angeles County, Es Facil Campaign; Submitted by Maria Pallares

About this recipe

Serves

16

Serving size

1 slice, 1/16 of recipe (141g)

Ingredients

- 8 ounces cream cheese, reduced fat
- 8 ounces cream cheese, non-fat
- 2 egg
- 4 egg whites
- 1 1/4 cups sugar
- 1 can pumpkin (29 ounces)
- 1 teaspoon ginger
- 1 tablespoon cinnamon
- 2 graham cracker pie crusts (9 inch)

Directions

1. Preheat oven to 350 degrees.
2. Place the cream cheese, eggs, and sugar in a large mixing bowl. Mix at medium speed until creamed. Add the remaining ingredients and mix at medium speed until ingredients are well mixed.
3. Spoon the mixture evenly in each pie crust and place both in the oven for approximately 50 minutes until pies look firm in the middle.

Nutritional info

Calories

141

Total fat

4 g

Saturated fat

2 g

Cholesterol

33 mg

Sodium

228 mg

Total carbohydrates

22 g

Dietary fiber

1 g

Protein

5 g

Total sugar

19 g

Allergens

Dairy

Eggs

Wheat

Soy

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