

# Silky Smooth Pumpkin Pie

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-candied-yam-recipe>

## Ingredients:

- 1 cup heavy cream
- 1 cup whole milk I used 2 cups of half and half instead of one cup each of cream and milk
- 3 large eggs plus 2 large egg yolks
- 1 teaspoon vanilla extract
- 15 ounces pumpkin puree
- 1 cup yams drained candied, from 15-ounce can, regular canned yams can be substituted
- 3/4 cup sugar
- 1/4 cup maple syrup
- 2 teaspoons fresh ginger grated, I used 1 1/2 teaspoons of ground because I'm not a huge fan of fresh ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 teaspoon table salt

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 76 grams
3. Cholesterol: 265 milligrams
4. Fat: 32 grams
5. Fiber: 5 grams
6. Protein: 10 grams
7. SaturatedFat: 19 grams
8. Sodium: 960 milligrams
9. Sugar: 57 grams

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