Texas A&M AgriLife Extension

Pecan pie vs. Pumpkin pie

SWAP THIS

Calories: 500

Sugars: 61 g

Sodium: 140 mg

per slice (⅛ of apie)

and you save...

170 Calories

33 g Added Sugar

FOR THAT

Calories: 330

Sugars: 28 g

Sodium: 420 mg

per slice (⅛ of apie)

OUR PICK: Pumpkin pie

In addition to reducing your intake of added sugar and calories...

Pumpkin pie also provides:

- 90% of your daily value for Vitamin A
- 15% of your daily value for Calcium

Food Safety Tips:

- Bake your pie to 160° F
- After baking, refrigerate your pie within 2 hours

Pie Storage:

Refrigerator	Freezer
1-2 days	3-4 months

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