Pecan pie vs. Pumpkin pie

**Swap This**

- Calories: 500
- Sugars: 61 g
- Sodium: 140 mg

**For That**

- Calories: 330
- Sugars: 28 g
- Sodium: 420 mg

and you save...

- 170 Calories
- 33 g Added Sugar

**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: 1-2 days
- Freezer: 3-4 months

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