



10-Minute Pumpkin Pies with Bourbon Whipped Cream

READY IN



45 min.

SERVINGS



20

CALORIES



270 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons bourbon
- ☐ 15 oz pumpkin puree canned
- ☐ 1 tablespoon cinnamon
- ☐ 5 large eggs
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 2.5 cups half-and-half
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.8 cup brown sugar light packed
- ☐ 2 best basic pie crust frozen (9-in.)
- ☐ 2 tablespoons sugar
- ☐ 20 servings bourbon whipped cream
- ☐ 1 cup whipping cream

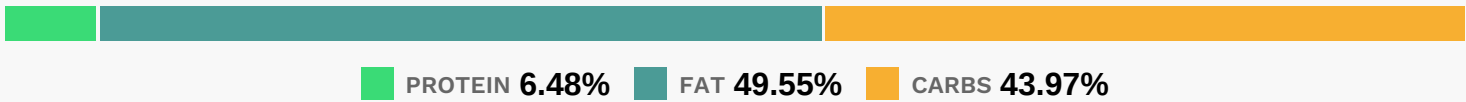
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat oven to 375 with a rack set in the middle. Make filling: In a bowl, whisk sugars, eggs, spices, salt, and pumpkin until smooth.
- ☐ Whisk in half-and-half.
- ☐ Divide filling between pie shells and bake until a knife inserted in center comes out clean, 45 to 55 minutes.
- ☐ Let cool.
- ☐ Make cream: Beat cream, sugar, and bourbon with a mixer until light and fluffy.
- ☐ Make ahead: Chill airtight up to 1 day.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:6.5, Inflammation Score:-9, Nutrition Score:8.0508695270704%

Nutrients (% of daily need)

Calories: 269.89kcal (13.49%), Fat: 14.85g (22.84%), Saturated Fat: 7.52g (47%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 28.36g (10.31%), Sugar: 19.53g (21.7%), Cholesterol: 75.09mg (25.03%), Sodium: 200.21mg (8.7%), Alcohol: 0.75g (100%), Alcohol %: 0.8% (100%), Protein: 4.37g (8.74%), Vitamin A: 3701.33IU (74.03%), Vitamin B2: 0.18mg (10.85%), Manganese: 0.21mg (10.32%), Selenium: 6.49µg (9.28%), Phosphorus: 86.33mg (8.63%), Calcium: 73.52mg (7.35%), Iron: 1.1mg (6.11%), Folate: 22.06µg (5.51%), Vitamin K: 5.69µg (5.42%), Fiber: 1.28g (5.13%), Vitamin B5: 0.49mg (4.94%), Vitamin B1: 0.07mg (4.73%), Vitamin E: 0.67mg (4.45%), Potassium: 151.89mg (4.34%), Magnesium: 14.71mg (3.68%), Vitamin B12: 0.21µg (3.42%), Vitamin B6: 0.07mg (3.4%), Vitamin D: 0.46µg (3.1%), Vitamin B3: 0.61mg (3.06%), Zinc: 0.46mg (3.05%), Copper: 0.06mg (2.83%), Vitamin C: 1.27mg (1.54%)