



WHATSheATE



Bobby Flay's Pumpkin Pie with Cinnamon Crunch and Bourbon-Maple Whipped Cream



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



706 kcal

DESSERT

Ingredients

- ☐ 1 tablespoons bourbon
- ☐ 5.5 cups pumpkin puree canned
- ☐ 0.8 cup muscovado sugar dark
- ☐ 3 large egg yolks
- ☐ 3 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup granulated sugar

- ☐ 1 teaspoon ground cinnamon
- ☐ 2.8 teaspoons ground cinnamon plus more for the top
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup heavy cream
- ☐ 1.3 cups heavy cream very cold
- ☐ 0.5 cup muscovado sugar light
- ☐ 2 tablespoons grade b maple syrup
- ☐ 2 tablespoons blackstrap molasses
- ☐ 0.5 cup quick-cooking rolled oats
- ☐ 0.5 teaspoon salt fine
- ☐ 3 tablespoons butter unsalted melted
- ☐ 7 tablespoons butter unsalted cold cut into small cubes,
- ☐ 0.5 vanilla pod split
- ☐ 0.5 vanilla pod split pure
- ☐ 0.5 cup milk whole

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ cutting board

Directions

- ☐ To make the cinnamon crunch, preheat the oven to 350 degrees F.
- ☐ Combine the flour, oats, muscovado sugar, and cinnamon in a food processor, and process a few times to combine.
- ☐ Add the butter and pulse until combined. Pat the mixture evenly into a 4-inch square on a parchment-lined baking sheet.
- ☐ Bake until golden brown and crisp, about 15 minutes.
- ☐ Remove and let cool.
- ☐ Transfer to a cutting board and chop into small pieces. Keep the oven on.
- ☐ To make the crust, combine the graham cracker crumbs, butter, and cinnamon in a bowl and mix until combined. Press evenly onto the bottom and sides of a 10-inch pie plate.
- ☐ Brush with the beaten egg.
- ☐ Bake until light golden brown and firm, about 12 minutes.
- ☐ Remove from the oven and let cool on a wire rack.
- ☐ Reduce the oven temperature to 300 degrees F.
- ☐ To make the filling, whisk the eggs, egg yolks, both sugars, and the molasses together in a medium bowl.
- ☐ Mix in the pumpkin puree, cinnamon, ginger, nutmeg, cloves, and salt.
- ☐ Whisk in the heavy cream, milk, and vanilla seeds or extract. Strain the mixture through a coarse strainer into a bowl.
- ☐ Whisk in the butter.
- ☐ Place the pie plate on a baking sheet, pour the pumpkin mixture into the shell, and sprinkle additional cinnamon over the top.
- ☐ Bake until the filling is set around edges but the center still jiggles slightly when shaken, 45 to 60 minutes.
- ☐ Transfer to a wire rack and cool to room temperature, about 2 hours.
- ☐ Cut the pie into slices and top each with a large dollop of whipped cream and some of the cinnamon crunch.
- ☐ Combine the cream, vanilla seeds, maple syrup, and bourbon, to taste, in a large chilled bowl, and whip until soft peaks form.

Nutrition Facts



 **PROTEIN 5.18%**  **FAT 53.86%**  **CARBS 40.96%**

Properties

Glycemic Index:52.95, Glycemic Load:13.79, Inflammation Score:-10, Nutrition Score:21.695217443549%

Nutrients (% of daily need)

Calories: 705.97kcal (35.3%), Fat: 43.36g (66.71%), Saturated Fat: 26.22g (163.9%), Carbohydrates: 74.21g (24.73%), Net Carbohydrates: 68.05g (24.75%), Sugar: 54.84g (60.93%), Cholesterol: 253.69mg (84.56%), Sodium: 221.92mg (9.65%), Alcohol: 0.65g (100%), Alcohol %: 0.23% (100%), Protein: 9.39g (18.78%), Vitamin A: 27856.18IU (557.12%), Manganese: 1.04mg (51.78%), Vitamin K: 31.03µg (29.55%), Vitamin B2: 0.47mg (27.87%), Selenium: 18.36µg (26.23%), Fiber: 6.15g (24.61%), Iron: 4.14mg (23.01%), Vitamin E: 3.24mg (21.62%), Phosphorus: 215.37mg (21.54%), Magnesium: 81.32mg (20.33%), Calcium: 187.9mg (18.79%), Potassium: 635.64mg (18.16%), Vitamin B5: 1.56mg (15.59%), Vitamin D: 2.22µg (14.8%), Folate: 58µg (14.5%), Copper: 0.29mg (14.32%), Vitamin B6: 0.24mg (12.07%), Vitamin B1: 0.18mg (11.8%), Vitamin C: 7.52mg (9.11%), Vitamin B12: 0.51µg (8.51%), Zinc: 1.22mg (8.15%), Vitamin B3: 1.33mg (6.65%)