



WHATSheATE



Caramel-Pumpkin Pie with Mincemeat Ice Cream

READY IN



45 min.

SERVINGS



8

CALORIES



436 kcal

DESSERT

Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 1 cup pumpkin pure canned
- ☐ 1 large egg yolk
- ☐ 2 large eggs
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.8 cup half and half

- ☐ 8 servings mincemeat ice cream
- ☐ 2 tablespoons ice water ()
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons water
- ☐ 0.7 cup whipping cream
- ☐ 3 tablespoons lard chilled cut into 1/2-inch cubes
- ☐ 3 tablespoons lard chilled cut into 1/2-inch cubes

Equipment

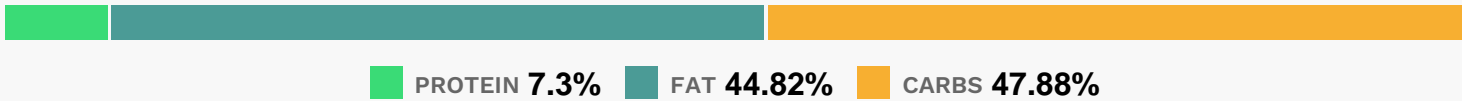
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pastry brush
- ☐ pie form

Directions

- ☐ Mix flour, sugar, and salt in processor.
- ☐ Add butter and lard; using on/off turns, process until coarse meal forms.
- ☐ Add 2 tablespoons ice water and process until moist clumps form, adding more ice water by teaspoonfuls if mixture is dry. Form dough into disk. Wrap in plastic and refrigerate 1 hour.
- ☐ Roll out dough on floured surface to 12-inch round.
- ☐ Transfer to 9-inch-diameter pie dish. Fold overhang under; crimp edges decoratively. Chill 1 hour.
- ☐ Preheat oven to 375°F.

- ☐ Bake crust until edges begin to brown, pressing crust with back of fork if bubbles form, about 15 minutes. Cool slightly. Reduce oven temperature to 350°F.
- ☐ Stir sugar and 2 tablespoons water in medium saucepan over medium heat until sugar dissolves. Increase heat; boil without stirring until sugar turns dark amber, occasionally swirling pan and brushing down pan sides with wet pastry brush, about 7 minutes (time will vary depending on size of pan).
- ☐ Remove pan from heat.
- ☐ Whisk in butter 1 tablespoon at a time (mixture will bubble). Stir in half and half and cream, stirring until all caramel bits dissolve.
- ☐ Whisk 2 whole eggs and 1 yolk in large bowl to blend.
- ☐ Whisk in pumpkin, cinnamon, ginger, cloves, and salt. Gradually whisk caramel mixture into pumpkin mixture.
- ☐ Transfer filling to crust.
- ☐ Bake until puffed and set in center, about 50 minutes. Cool pie on rack. Chill until cold. (Can be made 1 day ahead. Keep chilled.)
- ☐ Serve with Mincemeat Ice Cream.

Nutrition Facts



Properties

Glycemic Index:26.39, Glycemic Load:32.36, Inflammation Score:-10, Nutrition Score:14.133043517237%

Nutrients (% of daily need)

Calories: 436.03kcal (21.8%), Fat: 21.99g (33.82%), Saturated Fat: 13.12g (81.98%), Carbohydrates: 52.84g (17.61%), Net Carbohydrates: 50.61g (18.4%), Sugar: 33.29g (36.99%), Cholesterol: 136.37mg (45.46%), Sodium: 166.58mg (7.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.11%), Vitamin A: 5603.13IU (112.06%), Vitamin B2: 0.43mg (25.44%), Selenium: 14.98µg (21.4%), Manganese: 0.39mg (19.32%), Phosphorus: 170.15mg (17.02%), Calcium: 149.57mg (14.96%), Vitamin B1: 0.22mg (14.53%), Folate: 55.73µg (13.93%), Iron: 1.86mg (10.31%), Vitamin B5: 0.98mg (9.75%), Fiber: 2.23g (8.9%), Potassium: 291.53mg (8.33%), Vitamin B12: 0.49µg (8.18%), Vitamin B3: 1.49mg (7.47%), Vitamin E: 1.06mg (7.06%), Zinc: 1.02mg (6.82%), Magnesium: 27.14mg (6.79%), Vitamin K: 6.63µg (6.32%), Vitamin D: 0.87µg (5.78%), Vitamin B6: 0.11mg (5.36%), Copper: 0.1mg (4.93%), Vitamin C: 2.03mg (2.46%)