



Chiffon Pumpkin Pie

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



414 kcal

DESSERT

Ingredients

- ☐ 2 cups ground gingersnap cookie crumbs finely (from 10 ounces of gingersnaps)
- ☐ 0.3 cup sugar
- ☐ 6 Tbsp butter melted
- ☐ 1 envelope gelatin powder
- ☐ 0.5 cup brown sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 3 eggs separated for 3 egg whites
- ☐ 2 Tbsp rum for 1/2 cup of rum, but i and several others think it's a bit much (note original recipe called)
- ☐ 0.3 cup granulated sugar
- ☐ 1.8 cups pumpkin puree canned (one 15-ounce can of pumpkin purée)
- ☐ 0.5 cup heavy cream (for topping)
- ☐ 8 servings extra gingersnaps crushed (for garnish)

Equipment

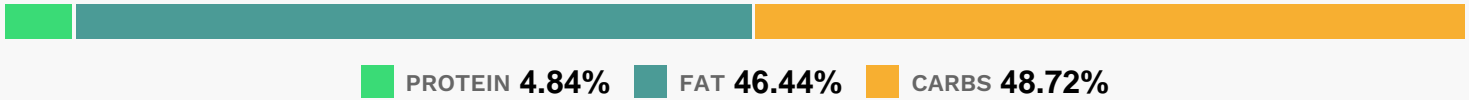
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ measuring cup
- ☐ pie form

Directions

- ☐ Pre-bake the crust: Set the oven at 325°F. Have on hand a 9-inch deep-dish pie pan. Butter it lightly.
- ☐ In a bowl, combine the crushed gingersnaps, sugar, and butter. Press the mixture into the pie plate with the back of a spoon or metal measuring cup, making the top edge even all around.
- ☐ Bake the crust for 10 minutes at 325°F.
- ☐ Remove from oven and let cool.
- ☐ Make the custard base: In a heavy-based saucepan, combine the gelatin, brown sugar, salt, nutmeg, ginger, cinnamon, milk, and egg yolks. Stir thoroughly.

- ☐ Set the pan over medium heat and cook gently, stirring constantly, until the mixture just begins to thicken, then immediately remove it from the heat.
- ☐ Do not let it boil! If the mixture comes close to boiling the egg yolks will curdle. (If this happens strain the mixture through a sieve or purée in a blender.)
- ☐ Remove the mixture from the heat and let it cool.
- ☐ Add the pumpkin purée and the rum. Refrigerate the mixture, stirring occasionally, until it thickens enough to form mounds.
- ☐ Beat egg whites and fold into filling mixture: In an electric mixer, beat the egg whites and granulated sugar until the form stiff peaks. Stir a few spoonfuls of the egg whites into the pumpkin mixture, then fold in the remaining whites.
- ☐ (If you are concerned about eating raw egg whites, use pasteurized egg whites, an egg white substitute, or dried egg whites, that you can find in the grocery store.)
- ☐ Pour the filling into the cooled crust. Refrigerate for several hours. Refrigerate the pie for several hours for the gelatin to set.
- ☐ Top with whipped cream and gingersnap crumbs: Just before serving, spoon the whipped cream onto the filling and sprinkle with crushed gingersnaps.
- ☐ Cut the pie into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:47.77, Glycemic Load:20.48, Inflammation Score:-10, Nutrition Score:10.636521764424%

Nutrients (% of daily need)

Calories: 414.19kcal (20.71%), Fat: 21.41g (32.94%), Saturated Fat: 11.34g (70.9%), Carbohydrates: 50.54g (16.85%), Net Carbohydrates: 48.53g (17.65%), Sugar: 36.56g (40.62%), Cholesterol: 41.54mg (13.85%), Sodium: 344.6mg (14.98%), Alcohol: 1.25g (100%), Alcohol %: 0.96% (100%), Protein: 5.02g (10.03%), Vitamin A: 8872.36IU (177.45%), Manganese: 0.28mg (14.14%), Vitamin B2: 0.22mg (12.8%), Vitamin K: 12.66µg (12.05%), Vitamin E: 1.58mg (10.55%), Iron: 1.74mg (9.65%), Fiber: 2.01g (8.04%), Selenium: 5.58µg (7.97%), Vitamin B1: 0.12mg (7.77%), Folate: 29.43µg (7.36%), Phosphorus: 65.96mg (6.6%), Calcium: 63.63mg (6.36%), Potassium: 215.21mg (6.15%), Copper: 0.12mg (5.84%), Magnesium: 22.64mg (5.66%), Vitamin B3: 1.12mg (5.61%), Vitamin B5: 0.44mg (4.42%), Vitamin B6: 0.07mg (3.55%), Vitamin C: 2.35mg (2.85%), Vitamin D: 0.41µg (2.71%), Zinc: 0.35mg (2.32%), Vitamin B12: 0.13µg (2.24%)