



Easy and Delicious Pumpkin Mousse

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



885 kcal

DESSERT

Ingredients

- 15 ounce pumpkin puree canned
- 0.5 teaspoon cayenne pepper
- 2 tablespoons brown sugar dark packed
- 0.3 cup evaporated milk
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin
- 1 cup heavy cream cold
- 1 teaspoon kosher salt

- 0.3 cup brown sugar light packed
- 0.5 teaspoon ground orange peel
- 1 pound pecan halves
- 3.4 ounce box of jell-o- brand pumpkin spice pudding instant flavored
- 4 tablespoons butter unsalted
- 1 teaspoon vanilla extract
- 2 tablespoons water

Equipment

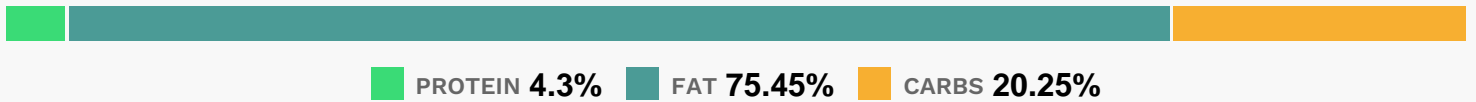
- bowl
- frying pan
- whisk
- ramekin
- stand mixer
- spatula

Directions

- Watch how to make this recipe.
- Place the heavy cream into the bowl of a stand mixer fitted with the whisk.
- Whisk until medium peaks are formed, 1 to 2 minutes.
- In a separate bowl whisk together the pumpkin puree and milk.
- Add the pudding mix and vanilla and whisk to combine. Fold in the whipped cream and thoroughly combine.
- Transfer the mousse into 6 (7-ounce) dessert bowls or ramekins.
- Place in the refrigerator for at least 1 hour and up to 4 before serving.
- Coarsely chop the Spiced Pecans and sprinkle on top of the mousse just before serving.
- Line a half sheet pan with parchment and set aside.
- Mix the salt, cumin, cayenne, cinnamon and orange peel together in a small bowl and set aside.

- Place the nuts in a 10-inch cast iron skillet and set over medium heat. Toast, stirring frequently, for 4 to 5 minutes until they just start to brown.
- Add the butter and stir until it melts.
- Add the spice mixture and stir to combine. Once combined, add the sugars and water, stirring until the mixture thickens and coats the nuts, approximately 2 to 3 minutes.
- Transfer the nuts to the prepared sheet pan and separate them with a fork or spatula. Allow the nuts to cool completely before transferring to an airtight container for storage.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:24.317826343619%

Flavonoids

Cyanidin: 8.12mg, Cyanidin: 8.12mg, Cyanidin: 8.12mg, Cyanidin: 8.12mg Delphinidin: 5.5mg, Delphinidin: 5.5mg, Delphinidin: 5.5mg, Delphinidin: 5.5mg Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg Epigallocatechin: 4.26mg, Epigallocatechin: 4.26mg, Epigallocatechin: 4.26mg, Epigallocatechin: 4.26mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-gallate: 1.74mg, Epigallocatechin 3-gallate: 1.74mg, Epigallocatechin 3-gallate: 1.74mg, Epigallocatechin 3-gallate: 1.74mg

Nutrients (% of daily need)

Calories: 885.11kcal (44.26%), Fat: 77.65g (119.46%), Saturated Fat: 19.34g (120.9%), Carbohydrates: 46.9g (15.63%), Net Carbohydrates: 37.42g (13.61%), Sugar: 32.36g (35.95%), Cholesterol: 68.95mg (22.98%), Sodium: 422.21mg (18.36%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 9.95g (19.89%), Vitamin A: 11994.88IU (239.9%), Manganese: 3.56mg (177.91%), Copper: 1mg (50.08%), Fiber: 9.48g (37.93%), Vitamin B1: 0.53mg (35.52%), Magnesium: 116.42mg (29.11%), Phosphorus: 289.91mg (28.99%), Zinc: 3.78mg (25.19%), Iron: 3.2mg (17.79%), Vitamin E: 2.47mg (16.49%), Potassium: 564.28mg (16.12%), Vitamin K: 16.19µg (15.42%), Vitamin B2: 0.26mg (15.38%), Calcium: 151.43mg (15.14%), Vitamin B5: 1.16mg (11.56%), Vitamin B6: 0.23mg (11.53%), Folate: 28.51µg (7.13%), Selenium: 4.95µg (7.07%), Vitamin B3: 1.24mg (6.22%), Vitamin C: 4.69mg (5.68%), Vitamin D: 0.79µg (5.26%), Vitamin B12: 0.1µg (1.7%)