



Frozen Pumpkin Mousse with Walnut-Toffee Crunch

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1246 kcal

DESSERT

Ingredients

- ☐ 1.3 cups pumpkin puree pure canned
- ☐ 4 cinnamon sticks
- ☐ 4 teaspoons t brown sugar dark packed ()
- ☐ 2 tablespoons rum dark
- ☐ 5 large egg yolk
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.8 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 cups cup heavy whipping cream chilled divided
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.7 cup toffee chips (such as Skor;)
- ☐ 1 tablespoon butter unsalted melted
- ☐ 1.3 teaspoons vanilla extract
- ☐ 4 servings vegetable oil
- ☐ 4 ounces walnut pieces

Equipment

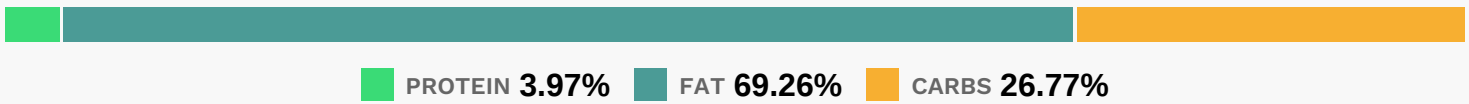
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F. Line rimmed baking sheet with foil; brush generously with vegetable oil. Toss nuts, toffee bits, sugar, and salt in medium bowl to blend.
- ☐ Add butter and toss to coat.
- ☐ Place mixture in center of prepared sheet; pat to single layer.
- ☐ Bake until toffee bits are soft (but retain shape), about 15 minutes. Cool crunch completely on sheet.
- ☐ Transfer to work surface; chop coarsely.
- ☐ Whisk 3/4 cup whipping cream, sugar, and egg yolks in heavy medium saucepan to blend. Stir over medium-low heat until thickened to pudding consistency, about 10 minutes (do not boil).

- ☐ Transfer mixture to large bowl.
- ☐ Mix in pumpkin, rum, vanilla, ground cinnamon, ginger, nutmeg, salt, and allspice. Refrigerate uncovered until cold, stirring occasionally, about 40 minutes.
- ☐ Beat remaining 1 1/4 cups cream in another large bowl until cream holds peaks.
- ☐ Transfer 1/2 cup whipped cream to medium bowl for garnish; cover and chill. Fold remaining whipped cream into pumpkin mixture. Cover and refrigerate mousse at least 4 hours and up to 1 day.
- ☐ In each of 4 medium (10-ounce) goblets, layer 1/3 cup mousse and generous tablespoon crunch. Repeat 2 more times (some crunch may be left). If necessary, whisk reserved 1/2 cup whipped cream to soft peaks. Pipe or drop dollop of cream onto mousse in each goblet. Cover; freeze overnight. (Can be made 2 days ahead. Keep frozen.
- ☐ Let stand at room temperature 30 minutes before serving.)
- ☐ Garnish with cinnamon sticks.

Nutrition Facts



Properties

Glycemic Index:62.77, Glycemic Load:39.67, Inflammation Score:-10, Nutrition Score:25.580000037732%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg

Nutrients (% of daily need)

Calories: 1245.86kcal (62.29%), Fat: 97.27g (149.65%), Saturated Fat: 43.35g (270.91%), Carbohydrates: 84.58g (28.19%), Net Carbohydrates: 78.33g (28.48%), Sugar: 73.48g (81.65%), Cholesterol: 412.5mg (137.5%), Sodium: 247.89mg (10.78%), Alcohol: 2.93g (100%), Alcohol %: 1.04% (100%), Protein: 12.56g (25.11%), Vitamin A: 14530.5IU (290.61%), Manganese: 1.87mg (93.5%), Vitamin K: 45.28µg (43.12%), Phosphorus: 294.01mg (29.4%), Copper: 0.59mg (29.35%), Vitamin E: 4.34mg (28.93%), Vitamin B2: 0.46mg (26.97%), Selenium: 18.05µg (25.79%), Fiber: 6.25g (25.01%), Calcium: 211.57mg (21.16%), Vitamin D: 3.1µg (20.69%), Magnesium: 77.13mg (19.28%), Folate: 74.07µg (18.52%), Iron: 3.04mg (16.87%), Vitamin B6: 0.32mg (16.24%), Vitamin B5: 1.48mg (14.84%), Potassium: 469.09mg (13.4%), Zinc: 1.92mg (12.83%), Vitamin B1: 0.18mg (12.11%), Vitamin B12: 0.65µg (10.9%), Vitamin C: 4.55mg (5.52%), Vitamin B3: 0.78mg (3.91%)