



## Ginger Pumpkin Tart

READY IN



115 min.

SERVINGS



8

CALORIES



346 kcal

### Ingredients

- 6 tablespoons butter melted
- 15 ounce pumpkin puree organic canned
- 2 large egg yolks
- 2.5 cups swedish ginger cookies crushed thin ( 55 to 60 cookies)
- 1 pinch salt
- 0.8 cup condensed milk sweetened

### Equipment

- bowl
- baking sheet

- oven
- whisk
- measuring cup
- tart form

## Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F. Put a 9-inch removable-bottom fluted tart pan on a baking sheet.
- Make the crust by combining the ginger cookie crumbs and melted butter in a large bowl, until well blended.
- Add the crumbs to the tart pan and evenly press over the bottom and up the sides with the bottom of a measuring cup.
- Bake until set and a bit darker in color, 10 to 12 minutes.
- Remove from the oven and set aside to cool.
- In a bowl, whisk together the pumpkin, condensed milk, egg yolks and salt until well blended.
- Pour the filling into the cooled crust, return to the oven, and bake until set and beginning to brown on the top, about 30 minutes.
- Remove tart from the oven, cool to room temperature and then chill in the refrigerator, at least 1 hour or until ready to serve.
- To serve, carefully remove outer tart shell ring and slice. Eat and enjoy!
- NOTE: Any crushed gingersnap cookie will do; just be sure to use 2 1/2 cups crumbs for the crust.

## Nutrition Facts



**PROTEIN 6.34%** **FAT 40.15%** **CARBS 53.51%**

## Properties

Glycemic Index:13.88, Glycemic Load:9.52, Inflammation Score:-10, Nutrition Score:13.592608726543%

## Nutrients (% of daily need)

Calories: 346.03kcal (17.3%), Fat: 15.75g (24.23%), Saturated Fat: 8.32g (52%), Carbohydrates: 47.22g (15.74%), Net Carbohydrates: 44.9g (16.33%), Sugar: 24.42g (27.13%), Cholesterol: 78.23mg (26.08%), Sodium: 309.48mg (13.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.19%), Vitamin A: 8673.55IU (173.47%), Manganese: 0.63mg (31.62%), Iron: 3.17mg (17.62%), Vitamin B2: 0.28mg (16.32%), Phosphorus: 139.59mg (13.96%), Calcium: 130.49mg (13.05%), Selenium: 8.74µg (12.49%), Folate: 46.78µg (11.69%), Potassium: 345.27mg (9.86%), Vitamin K: 10.32µg (9.83%), Magnesium: 37.41mg (9.35%), Fiber: 2.32g (9.27%), Vitamin E: 1.31mg (8.7%), Copper: 0.17mg (8.61%), Vitamin B1: 0.12mg (7.81%), Vitamin B3: 1.4mg (7.02%), Vitamin B5: 0.7mg (7.01%), Vitamin B6: 0.09mg (4.71%), Zinc: 0.66mg (4.41%), Vitamin B12: 0.23µg (3.78%), Vitamin C: 2.98mg (3.61%), Vitamin D: 0.29µg (1.91%)