



Ginger Pumpkin Tart

READY IN



170 min.

SERVINGS



8

CALORIES



351 kcal

DESSERT

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons brown sugar packed
- ☐ 2 tablespoons candied ginger finely chopped
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 egg yolk
- ☐ 15 ounces pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup whipping cream (heavy)

- ☐ 2 tablespoons candied ginger finely chopped
- ☐ 1 teaspoon vanilla
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon ground ginger
- ☐ 2 eggs
- ☐ 1 serving whipped cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ tart form

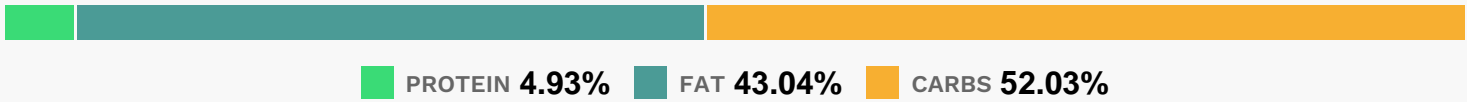
Directions

- ☐ Heat oven to 425°F. In small bowl, mix all Crust ingredients with spoon or electric mixer on low speed until dough forms. Press dough firmly and evenly against bottom and side of ungreased tart pan with removable bottom, 9x1 inch.
- ☐ Place pan on cookie sheet.
- ☐ In medium bowl, mix all Filling remaining except whipped cream with spoon until well blended.
- ☐ Pour mixture into crust on cookie sheet.
- ☐ Bake 10 minutes.
- ☐ Reduce oven temperature to 350°F.
- ☐ Bake 45 to 50 minutes longer or until knife inserted near center comes out clean. Cool completely on wire rack, about 1 1/2 hours.
- ☐ Serve with whipped cream.

☐

Garnish with additional chopped crystallized ginger if desired. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:17.41, Inflammation Score:-10, Nutrition Score:11.635652161163%

Nutrients (% of daily need)

Calories: 351.25kcal (17.56%), Fat: 17.08g (26.28%), Saturated Fat: 5.38g (33.6%), Carbohydrates: 46.46g (15.49%), Net Carbohydrates: 41.35g (15.04%), Sugar: 19.69g (21.88%), Cholesterol: 77mg (25.67%), Sodium: 338.61mg (14.72%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 4.4g (8.8%), Vitamin A: 5162.57IU (103.25%), Manganese: 0.44mg (21.8%), Fiber: 5.11g (20.43%), Selenium: 10.99µg (15.7%), Folate: 56.28µg (14.07%), Vitamin B2: 0.23mg (13.51%), Vitamin B1: 0.14mg (9.56%), Vitamin B5: 0.95mg (9.54%), Iron: 1.64mg (9.09%), Phosphorus: 81.61mg (8.16%), Vitamin B6: 0.13mg (6.28%), Vitamin B3: 1.16mg (5.79%), Calcium: 50.43mg (5.04%), Vitamin E: 0.73mg (4.87%), Magnesium: 15.34mg (3.84%), Potassium: 132.16mg (3.78%), Copper: 0.07mg (3.71%), Vitamin D: 0.5µg (3.35%), Zinc: 0.49mg (3.25%), Vitamin B12: 0.17µg (2.9%), Vitamin C: 1.97mg (2.39%)