



## Ginger Pumpkin Tart

READY IN



170 min.

SERVINGS



8

CALORIES



357 kcal

DESSERT

## Ingredients

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

- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla
- ☐ 8 servings whipped cream
- ☐ 0.3 cup whipping cream (heavy)

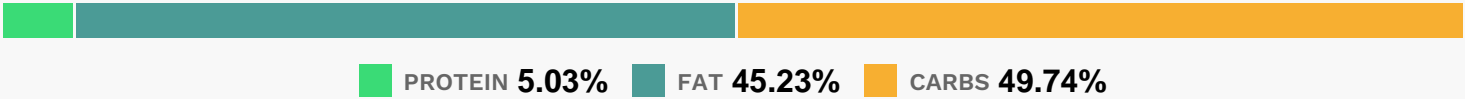
## Equipment

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

## Directions

- ☐ Heat oven to 425F. 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 350F.
- ☐ 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:17.77, Inflammation Score:-10, Nutrition Score:11.765217381975%

## Nutrients (% of daily need)

Calories: 356.72kcal (17.84%), Fat: 18.25g (28.07%), Saturated Fat: 6.1g (38.13%), Carbohydrates: 45.14g (15.05%), Net Carbohydrates: 40.04g (14.56%), Sugar: 18.22g (20.24%), Cholesterol: 80.99mg (27%), Sodium: 338.65mg (14.72%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 4.57g (9.14%), Vitamin A: 5198.53IU (103.97%), Manganese: 0.44mg (21.8%), Fiber: 5.11g (20.43%), Selenium: 11.06µg (15.8%), Folate: 56.44µg (14.11%), Vitamin B2: 0.23mg (13.71%), Vitamin B5: 0.97mg (9.7%), Vitamin B1: 0.15mg (9.69%), Iron: 1.64mg (9.1%), Phosphorus: 86.28mg (8.63%), Vitamin B6: 0.13mg (6.39%), Vitamin B3: 1.16mg (5.81%), Calcium: 55.73mg (5.57%), Vitamin E: 0.76mg (5.09%), Potassium: 139.88mg (4%), Magnesium: 15.92mg (3.98%), Copper: 0.07mg (3.73%), Vitamin D: 0.52µg (3.49%), Zinc: 0.51mg (3.38%), Vitamin B12: 0.19µg (3.15%), Vitamin C: 1.97mg (2.39%)