



## Ginger Snap Pumpkin Pie with Ginger Cream

READY IN



125 min.

SERVINGS



12

CALORIES



233 kcal

DESSERT

### Ingredients

- 1 banana mashed
- 5 tablespoons butter melted plus more for greasing
- 3 tablespoons candied ginger minced
- 0.3 cup brown sugar dark
- 1 egg white
- 2 large eggs
- 5 ounce evaporated milk canned
- 16 gingersnap cookies
- 1 sleeve graham crackers ( 9 sheets)

- 1 teaspoon ground cinnamon
- 0.8 cup heavy cream
- 2 cups pumpkin puree ( )
- 0.3 teaspoon salt fine
- 2 tablespoons sugar
- 3 tablespoons sugar

## Equipment

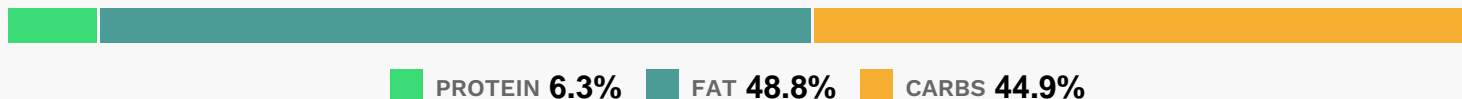
- food processor
- bowl
- frying pan
- oven
- knife
- hand mixer
- aluminum foil
- springform pan

## Directions

- For the crumb crust: Preheat the oven to 350 degrees F. Grease the sides of a 9-inch springform pan with butter. Wrap the bottom of the pan in foil to prevent leaking.
- Combine the sugar, salt, 8 of the gingersnap cookies and the graham crackers in a food processor and pulse until crumbly.
- Drizzle in the butter and continue pulsing until the mixture is the consistency of wet sand.
- Pour the mixture into the pan and push into the base and halfway up the sides using a glass with straight edges.
- Bake the crust for about 10 minutes, and then let cool completely while you make the filling.
- For the filling: Stir together the pumpkin, dark brown sugar, cinnamon, eggs, banana, egg white and milk in a large bowl.
- Pour the filling into the baked crumb crust and bake for about 50 minutes.
- Let cool completely while you make the ginger whipped cream.

- For the ginger whipped cream: Whip the cream with the sugar until soft peaks form using a hand mixer. Fold in the ginger.
- Run a thin knife around the edge of the pie to release it from the pan. Load the whipped cream into a piping bag with a large star tip. Pipe rosettes around the perimeter of the pie and decorate with the 8 remaining gingersnap cookies.
- Cook's Note: Make sure you use a piping bag with a large star tip so the ginger bits in the whipped cream don't clog the tip.

## Nutrition Facts



### Properties

Glycemic Index:27, Glycemic Load:5.21, Inflammation Score:-10, Nutrition Score:9.7208695100701%

### Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 233.08kcal (11.65%), Fat: 12.99g (19.98%), Saturated Fat: 7.54g (47.13%), Carbohydrates: 26.88g (8.96%), Net Carbohydrates: 25.11g (9.13%), Sugar: 17.68g (19.64%), Cholesterol: 63.78mg (21.26%), Sodium: 181.83mg (7.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin A: 6799.53IU (135.99%), Manganese: 0.27mg (13.42%), Vitamin B2: 0.18mg (10.4%), Iron: 1.47mg (8.19%), Phosphorus: 77.73mg (7.77%), Vitamin K: 7.85µg (7.47%), Calcium: 71.66mg (7.17%), Fiber: 1.77g (7.09%), Selenium: 4.66µg (6.66%), Potassium: 227.5mg (6.5%), Vitamin E: 0.92mg (6.1%), Magnesium: 23.09mg (5.77%), Folate: 21.31µg (5.33%), Vitamin B5: 0.49mg (4.91%), Vitamin B6: 0.1mg (4.85%), Copper: 0.09mg (4.67%), Vitamin C: 2.89mg (3.5%), Vitamin B1: 0.05mg (3.1%), Vitamin B3: 0.61mg (3.06%), Vitamin D: 0.42µg (2.78%), Zinc: 0.4mg (2.69%), Vitamin B12: 0.13µg (2.15%)