



Hazelnut Pumpkin Tart

READY IN



45 min.

SERVINGS



10

CALORIES



539 kcal

DESSERT

Ingredients

- 0.5 cup firmly brown sugar packed
- 16 ounce pumpkin canned
- 1 Dash ground cloves
- 1 tablespoon crystallized ginger minced
- 3 eggs
- 1 Dash ground allspice
- 0.8 teaspoon ground cinnamon
- 0.8 teaspoon ground ginger
- 1 Dash ground nutmeg

- 1 cup half-and-half
- 1 cup hazelnuts toasted finely chopped
- 30 hazelnuts whole toasted
- 0.5 cup powdered sugar sifted
- 15 ounce piecrusts refrigerated divided
- 0.1 teaspoon salt
- 0.3 cup sugar
- 1 cup whipping cream

Equipment

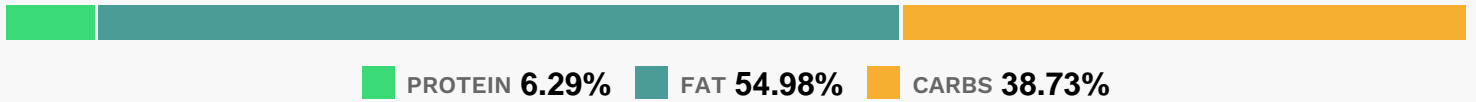
- frying pan
- baking sheet
- oven
- wire rack
- hand mixer
- cookie cutter
- tart form

Directions

- Roll 1 piecrust into a 12-inch circle on a floured surface. Fit into an 11-inch tart pan with removable bottom. Prick bottom and sides of pastry shell.
- Bake at 375 for 5 minutes.
- Let cool in pan on a wire rack.
- Sprinkle with chopped hazelnuts.
- Beat eggs at high speed of an electric mixer.
- Add pumpkin and next 9 ingredients; beat well.
- Pour into pastry.
- Bake at 375 for 35 minutes. Cool in pan on wire rack. Cover and chill at least 2 hours.
- Cut 30 shapes from remaining piecrust using a small leaf cookie cutter.

- Place on an ungreased baking sheet.
- Bake at 450 for 6 minutes.
- Remove to a wire rack; let cool.
- Beat whipping cream until foamy; gradually add powdered sugar, beating until soft peaks form. Fold in crystallized ginger. Cover and chill 1 hour.
- Arrange whole hazelnuts and pastry leaves on tart.
- Serve with whipped cream mixture.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:4.86, Inflammation Score:-10, Nutrition Score:17.964782642282%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 539.21kcal (26.96%), Fat: 33.79g (51.98%), Saturated Fat: 11.89g (74.29%), Carbohydrates: 53.56g (17.85%), Net Carbohydrates: 49.41g (17.97%), Sugar: 27.93g (31.03%), Cholesterol: 84.47mg (28.16%), Sodium: 249.11mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.7g (17.4%), Vitamin A: 7571.56IU (151.43%), Manganese: 1.41mg (70.64%), Vitamin E: 3.54mg (23.58%), Copper: 0.38mg (19.16%), Vitamin B1: 0.25mg (16.67%), Fiber: 4.15g (16.59%), Iron: 2.92mg (16.23%), Vitamin B2: 0.27mg (15.9%), Phosphorus: 157.73mg (15.77%), Folate: 61.71µg (15.43%), Vitamin K: 13.97µg (13.3%), Magnesium: 51mg (12.75%), Selenium: 8.85µg (12.64%), Calcium: 100.42mg (10.04%), Potassium: 338.59mg (9.67%), Vitamin B6: 0.19mg (9.37%), Vitamin B5: 0.85mg (8.52%), Vitamin B3: 1.69mg (8.47%), Zinc: 1.01mg (6.71%), Vitamin D: 0.64µg (4.3%), Vitamin C: 3.37mg (4.09%), Vitamin B12: 0.2µg (3.36%)