



Pecan Pumpkin Crunch

READY IN



80 min.

SERVINGS



8

CALORIES



611 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon bourbon
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- ☐ 15 ounce pumpkin puree canned (not pie mix)
- ☐ 1 tablespoon confectioners' sugar
- ☐ 4 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon divided
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup heavy cream
- ☐ 8 servings ice cream
- ☐ 0.5 cup brown sugar light divided packed
- ☐ 1.5 cups pecans roughly chopped
- ☐ 0.1 teaspoon salt
- ☐ 4 tablespoons butter unsalted plus more for baking dish at room temperature ()

Equipment

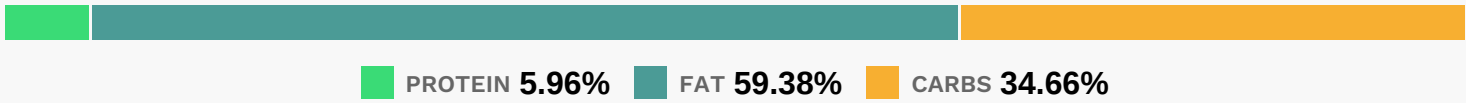
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oven to 350 degrees F and arrange a rack in the middle. Coat an 8 by 8-inch baking dish with butter and set aside.
- ☐ Combine the pumpkin, cream, eggs, sugar, 1/4 cup brown sugar, bourbon, if using, ginger, nutmeg, 1/4 teaspoon cinnamon, 1/8 teaspoon salt in a large bowl.
- ☐ Whisk until evenly combined and pour into the prepared baking dish.
- ☐ Cut the butter into small pieces and add to a medium bowl. Stir in the pecans, flour, and the remaining 1/4 cup brown sugar, 1/4 teaspoon cinnamon, and 1/8 teaspoon salt and mix until it holds together somewhat but still crumbles. Scatter the topping over the pumpkin mixture and bake until the edges are puffed and the filling is set in the center, about 45 minutes to 1 hour.
- ☐ Remove to a rack to cool to room temperature.
- ☐ Serve with the Bourbon Whipped Cream and/or ice cream.

- ☐
- Add the heavy cream to a medium bowl. Beat the cream with a hand-held mixer until thick and frothy.
- ☐
- Add the sugar and bourbon and beat until medium peaks form.

Nutrition Facts



Properties

Glycemic Index:40.14, Glycemic Load:20.2, Inflammation Score:-10, Nutrition Score:17.8800000000415%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg

Nutrients (% of daily need)

Calories: 611.21kcal (30.56%), Fat: 41.03g (63.12%), Saturated Fat: 17.07g (106.68%), Carbohydrates: 53.88g (17.96%), Net Carbohydrates: 49.72g (18.08%), Sugar: 44.35g (49.28%), Cholesterol: 170.71mg (56.9%), Sodium: 140.26mg (6.1%), Alcohol: 1.25g (100%), Alcohol %: 0.67% (100%), Protein: 9.26g (18.53%), Vitamin A: 9309.6IU (186.19%), Manganese: 1.11mg (55.69%), Vitamin B2: 0.41mg (24.03%), Phosphorus: 218.29mg (21.83%), Selenium: 12.46µg (17.8%), Copper: 0.36mg (17.76%), Fiber: 4.17g (16.67%), Calcium: 161.59mg (16.16%), Vitamin B1: 0.22mg (14.81%), Magnesium: 53.97mg (13.49%), Zinc: 1.91mg (12.76%), Vitamin B5: 1.28mg (12.76%), Potassium: 414.3mg (11.84%), Iron: 2.11mg (11.71%), Vitamin E: 1.75mg (11.68%), Vitamin K: 10.99µg (10.46%), Vitamin B12: 0.54µg (8.99%), Folate: 34.68µg (8.67%), Vitamin B6: 0.17mg (8.3%), Vitamin D: 1.21µg (8.09%), Vitamin B3: 0.81mg (4.06%), Vitamin C: 3.04mg (3.68%)