



Praline Pumpkin Mousse Cornucopias

 Popular

READY IN



95 min.

SERVINGS



6

CALORIES



805 kcal

DESSERT

Ingredients

- ☐ 0.8 cup pumpkin canned
- ☐ 1 cup caramel topping warmed
- ☐ 6 servings flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 cup heavy cream
- ☐ 6 sugar ice cream cones
- ☐ 3.4 ounce vanilla pudding and pie filling mix instant
- ☐ 0.5 cup milk

- ☐ 0.5 cup pecans toasted chopped
- ☐ 17.3 ounce puff pastry sheets thawed pepperidge farm®
- ☐ 2 tablespoons sugar

Equipment

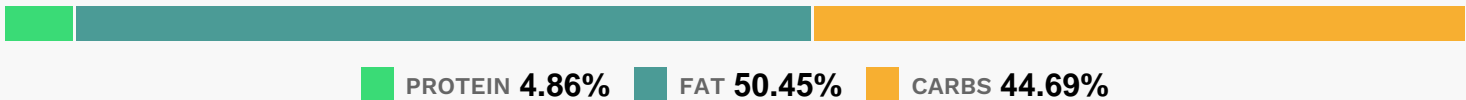
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Heat the oven to 400 degrees F.
- ☐ Wrap each cone tightly in aluminum foil, covering it completely and tucking any excess foil into the cone cavity. Spray the foil cones with the cooking spray.
- ☐ Sprinkle the flour on the work surface. Unfold the pastry sheet on the work surface.
- ☐ Cut the pastry sheet along the fold marks to form 3 rectangles.
- ☐ Cut each rectangle lengthwise into 4 strips, making 12 strips in all.
- ☐ Press the ends of 2 pastry strips together. Starting at the pointed end of the cone, wind the pastry strip around 1 cone, slightly overlapping edges of pastry (strip will not reach the bottom of the cone). Spray the pastry cone with the cooking spray and sprinkle with 1 teaspoon sugar.
- ☐ Place the pastry cone on its side, with the end of the strip facing down, onto a baking sheet. Repeat with the remaining pastry strips.
- ☐ Bake for 15 minutes or until the pastries are golden brown.
- ☐ Let the pastries cool completely on the baking sheet on a wire rack. Carefully remove the foil cones from the baked pastry.

- ☐ Beat the milk, pudding mix, pumpkin and cinnamon in a medium bowl with a whisk until the mixture is thickened.
- ☐ Beat the heavy cream in a medium bowl with an electric mixer on high speed until soft peaks form. Fold the whipped cream into the pumpkin mixture. Spoon or pipe the mixture into the pastry cones.
- ☐ Stir the caramel topping and pecans in a small bowl.
- ☐ Place the pastries onto serving plates and drizzle with the caramel mixture.

Nutrition Facts



Properties

Glycemic Index:42.35, Glycemic Load:27.29, Inflammation Score:-10, Nutrition Score:18.227391201517%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 805.45kcal (40.27%), Fat: 46.01g (70.78%), Saturated Fat: 13.5g (84.4%), Carbohydrates: 91.68g (30.56%), Net Carbohydrates: 88.14g (32.05%), Sugar: 42.01g (46.67%), Cholesterol: 24.85mg (8.28%), Sodium: 459.06mg (19.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.96%), Vitamin A: 5131.2IU (102.62%), Manganese: 0.99mg (49.61%), Selenium: 24.63µg (35.19%), Vitamin B1: 0.48mg (31.79%), Folate: 91.64µg (22.91%), Vitamin B2: 0.38mg (22.3%), Vitamin B3: 4.28mg (21.42%), Vitamin K: 19.25µg (18.33%), Iron: 3.3mg (18.31%), Phosphorus: 144.12mg (14.41%), Fiber: 3.54g (14.15%), Copper: 0.26mg (13.04%), Magnesium: 39.66mg (9.92%), Calcium: 84.52mg (8.45%), Vitamin E: 1.15mg (7.64%), Zinc: 1.12mg (7.43%), Potassium: 241.27mg (6.89%), Vitamin B5: 0.44mg (4.4%), Vitamin B6: 0.08mg (3.88%), Vitamin D: 0.54µg (3.61%), Vitamin B12: 0.21µg (3.49%), Vitamin C: 1.7mg (2.06%)