



Pumpkin and Pecan Semifreddo with Caramel Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



471 kcal

DESSERT

Ingredients

- ☐ 0.8 cup pumpkin puree pure canned
- ☐ 1 cup cookie crumbs
- ☐ 2 tablespoons plus light
- ☐ 0.3 cup crème fraîche sour
- ☐ 4 large egg whites
- ☐ 2 tablespoons brown sugar packed ()
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.1 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 tablespoon honey
- ☐ 0.5 cup pecans toasted coarsely chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup toffee chips english
- ☐ 0.3 cup butter unsalted cut into pieces ()
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 8 servings whipped cream
- ☐ 0.5 cup whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer
- ☐ pastry brush
- ☐ candy thermometer

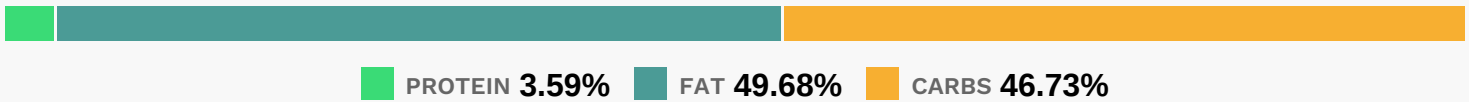
Directions

- ☐ Line 9 1/4x5 1/4x3-inch metal loaf pan with plastic wrap. Blend gingersnap crumbs and brown sugar in processor until combined. With machine running, slowly add butter; process until moist crumbs form. Press crumb mixture onto bottom and 2 inches up sides of prepared loaf

pan. Chill 10 minutes.

- ☐ Whisk pumpkin, honey, and spices in large bowl to blend. Set aside.
- ☐ Stir 1 cup sugar, 1/4 cup water, and corn syrup in heavy medium saucepan over low heat until sugar dissolves. Increase heat and boil syrup without stirring until candy thermometer registers 248°F, about 10 minutes.
- ☐ Meanwhile, using electric mixer, beat egg whites in medium bowl to soft peaks. Gradually beat in hot sugar syrup; beat until mixture is cool, about 7 minutes.
- ☐ Fold 1/3 of egg white mixture into pumpkin-spice mixture to lighten. Fold in remaining egg white mixture. Fold in pecans and toffee bits. Spoon mixture into prepared crust. Cover with plastic wrap and freeze until frozen, about 8 hours. (Can be made 3 days ahead. Keep frozen.)
- ☐ Stir sugar, 1/4 cup water, and corn syrup in heavy medium saucepan over low heat until sugar dissolves. Increase heat and boil without stirring until syrup is deep amber color, occasionally brushing down sides of pan with wet pastry brush and swirling pan, about 8 minutes.
- ☐ Remove from heat.
- ☐ Whisk in 1/2 cup cream, butter, and then crème fraîche (mixture will bubble). Stir in vanilla and salt. (Can be made 1 day ahead. Cover and refrigerate. Stir over medium heat to rewarm before serving.)
- ☐ Wipe sides of loaf pan with hot wet cloth. Invert semifreddo onto platter; remove plastic.
- ☐ Cut into 1-inch-thick slices and serve with warm caramel sauce and whipped cream.

Nutrition Facts



Properties

Glycemic Index:50.17, Glycemic Load:29.71, Inflammation Score:-10, Nutrition Score:9.0813042754712%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 470.77kcal (23.54%), Fat: 26.63g (40.97%), Saturated Fat: 13.1g (81.9%), Carbohydrates: 56.36g (18.79%), Net Carbohydrates: 54.87g (19.95%), Sugar: 48.69g (54.1%), Cholesterol: 56.24mg (18.75%), Sodium: 141.62mg (6.16%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 4.33g (8.66%), Vitamin A: 4241.21IU (84.82%), Manganese: 0.45mg (22.57%), Vitamin B2: 0.2mg (11.48%), Selenium: 5.71µg (8.15%), Vitamin E: 1.14mg (7.63%), Vitamin B1: 0.1mg (6.86%), Vitamin K: 6.93µg (6.6%), Copper: 0.13mg (6.3%), Phosphorus: 62.41mg (6.24%), Fiber: 1.49g (5.95%), Iron: 0.97mg (5.4%), Magnesium: 20.5mg (5.12%), Calcium: 47.69mg (4.77%), Potassium: 160.98mg (4.6%), Folate: 16.75µg (4.19%), Zinc: 0.53mg (3.57%), Vitamin B5: 0.33mg (3.29%), Vitamin B3: 0.63mg (3.17%), Vitamin B6: 0.05mg (2.54%), Vitamin D: 0.37µg (2.46%), Vitamin B12: 0.1µg (1.66%), Vitamin C: 1.24mg (1.5%)