



Pumpkin Banana Mousse Tart

READY IN



200 min.

SERVINGS



10

CALORIES



486 kcal

DESSERT

Ingredients

- ☐ 1 banana ripe mashed finely
- ☐ 15 ounce pumpkin puree canned
- ☐ 3 extra large egg yolks
- ☐ 2 teaspoons gelatin powder unflavored
- ☐ 2 cups graham cracker crumbs 14 crackers
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup half-and-half

- ☐ 0.5 cup heavy cream cold
- ☐ 1 cup heavy cream cold
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 cup brown sugar light packed
- ☐ 1 teaspoon orange zest grated
- ☐ 10 servings orange zest
- ☐ 0.3 cup sugar
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 0.3 pound butter unsalted melted 1 stick
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

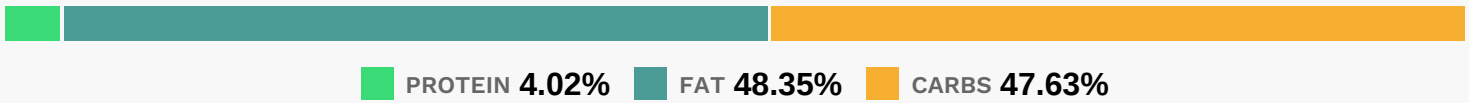
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Combine the graham cracker crumbs, sugar, cinnamon, and melted butter in a bowl and mix well.
- ☐ Pour into an 11-inch tart pan with a removable bottom and press evenly into the sides and then the bottom.
- ☐ Bake for 10 minutes and then cool to room temperature.

- ☐ For the filling, heat the half-and-half, pumpkin, brown sugar, salt, cinnamon, and nutmeg in a heat-proof bowl set over a pan of simmering water until hot, about 5 minutes.
- ☐ Whisk the egg yolks in another bowl, stir some of the hot pumpkin into the egg yolks to heat them, then pour the egg-pumpkin mixture back into the double boiler and stir well.
- ☐ Heat the mixture over the simmering water for another 4 to 5 minutes, until it begins to thicken, stirring constantly. You don't want the eggs to scramble.
- ☐ Remove from the heat.
- ☐ Dissolve the gelatin in 1/4 cup cold water.
- ☐ Add the dissolved gelatin, banana, and orange zest to the pumpkin mixture and mix well. Set aside to cool.
- ☐ Whip the heavy cream in the bowl of an electric mixer fitted with a whisk attachment until soft peaks form.
- ☐ Add the sugar and continue to whisk until you have firm peaks. Carefully fold the whipped cream into the pumpkin mixture and pour it into the cooled tart shell. Chill for 2 hours or overnight.
- ☐ For the decoration, whip the heavy cream in the bowl of an electric mixer fitted with the whisk attachment until soft peaks form.
- ☐ Add the sugar and vanilla and continue to whisk until you have firm peaks. Pipe or spoon the whipped cream decoratively on the tart and sprinkle, if desired, with orange zest.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:41.9, Glycemic Load:20.19, Inflammation Score:-10, Nutrition Score:12.325652153596%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg 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: 485.6kcal (24.28%), Fat: 26.84g (41.29%), Saturated Fat: 15.76g (98.48%), Carbohydrates: 59.48g (19.83%), Net Carbohydrates: 55.99g (20.36%), Sugar: 43.71g (48.56%), Cholesterol: 127.28mg (42.43%), Sodium: 316.5mg (13.76%), Alcohol: 0.07g (100%), Alcohol %: 0.05% (100%), Protein: 5.02g (10.04%), Vitamin A: 7606.21IU (152.12%), Vitamin C: 19.73mg (23.92%), Fiber: 3.49g (13.98%), Vitamin B2: 0.21mg (12.39%), Phosphorus: 111.37mg (11.14%), Calcium: 111.32mg (11.13%), Iron: 1.79mg (9.96%), Vitamin K: 9.04µg (8.61%), Vitamin E: 1.26mg (8.38%), Selenium: 5.68µg (8.11%), Magnesium: 32.13mg (8.03%), Potassium: 274.76mg (7.85%), Vitamin B6: 0.15mg (7.63%), Folate: 29.37µg (7.34%), Manganese: 0.14mg (7.16%), Vitamin D: 1.03µg (6.89%), Vitamin B5: 0.6mg (6%), Vitamin B1: 0.09mg (5.87%), Copper: 0.11mg (5.59%), Vitamin B3: 1.05mg (5.25%), Zinc: 0.73mg (4.85%), Vitamin B12: 0.2µg (3.41%)