



Pumpkin Bavarian Cream Tart

READY IN



220 min.

SERVINGS



10

CALORIES



259 kcal

DESSERT

Ingredients

- 15 ounce pumpkin puree canned
- 4 egg yolk
- 0.3 ounce gelatin powder unflavored
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 1 cup cup heavy whipping cream
- 1 cup cream light

- 0.3 cup milk
- 9 inch puff pastry shells
- 0.3 teaspoon salt
- 3 tablespoons scotch whiskey
- 1 teaspoon vanilla extract
- 0.3 cup water cold
- 0.5 cup granulated sugar white

Equipment

- bowl
- sauce pan
- whisk
- blender
- hand mixer
- spatula

Directions

- Combine the pumpkin, light cream, milk, ginger, nutmeg, cinnamon, cloves, salt, and 1/4 cup of the sugar in a blender. Blend until smooth.
- Pour the cold water into a small bowl and sprinkle gelatin over to soften.
- Combine the egg yolks and the remaining 1/2 cup of sugar in a large saucepan. Use a hand mixer to beat the yolks and sugar until they become thick and pale, about 5 minutes.
- Mix in the blended pumpkin puree and heat gently over low heat, stirring, just until the mixture is hot and small bubbles begin to form. Do not boil. Spoon pumpkin mixture into a large bowl and stir in the vanilla, whiskey, and gelatin mixture. Refrigerate the pumpkin mixture until it begins to set, about 20 minutes.
- Use a hand mixer to whip the heavy cream in a large bowl. With a rubber spatula or wire whisk, fold 1/3 of the whipped cream into the cooled pumpkin mixture. Gently run the spatula through the center of the bowl, then around the sides of the bowl, repeating until fully incorporated.
- Add the remaining cream, folding just until incorporated.

Pour mixture into prepared pastry shell and chill until set, 2 or 3 hours.

Garnish with additional whipped cream, if desired.

Nutrition Facts

PROTEIN 5.98% **FAT 67.82%** **CARBS 26.2%**

Properties

Glycemic Index:25.41, Glycemic Load:7.67, Inflammation Score:-10, Nutrition Score:9.2704347423885%

Nutrients (% of daily need)

Calories: 259.13kcal (12.96%), Fat: 19.15g (29.47%), Saturated Fat: 11.21g (70.07%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 15.27g (5.55%), Sugar: 12.55g (13.94%), Cholesterol: 131.91mg (43.97%), Sodium: 88.29mg (3.84%), Alcohol: 1.76g (100%), Alcohol %: 1.74% (100%), Protein: 3.8g (7.61%), Vitamin A: 7324.26IU (146.49%), Vitamin B2: 0.15mg (9.11%), Selenium: 6.11µg (8.73%), Vitamin K: 8.75µg (8.33%), Manganese: 0.17mg (8.28%), Phosphorus: 79.81mg (7.98%), Vitamin E: 1.09mg (7.25%), Vitamin D: 0.98µg (6.53%), Calcium: 62.64mg (6.26%), Fiber: 1.37g (5.49%), Vitamin B5: 0.53mg (5.33%), Iron: 0.93mg (5.16%), Folate: 19.63µg (4.91%), Potassium: 155.36mg (4.44%), Vitamin B12: 0.26µg (4.32%), Copper: 0.08mg (3.9%), Magnesium: 15.43mg (3.86%), Vitamin B6: 0.07mg (3.48%), Vitamin B1: 0.05mg (3.13%), Zinc: 0.4mg (2.7%), Vitamin C: 2.08mg (2.52%), Vitamin B3: 0.3mg (1.51%)