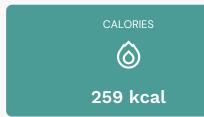


## **Pumpkin Bavarian Cream Tart**









## Ingredients

Ib ounce pumpkin puree canned
4 egg yolk
O.3 ounce gelatin powder unflavored
O.5 teaspoon ground cinnamon
O.3 teaspoon ground cloves
O.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	
Eq	uipment	
	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.	

=	Garnish with additional whipped cream, if desired.
	Nutrition Facts
	DEOTEIN 5 98% FAT 67 82% CARRS 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 B1: 0.05mg (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%)