



Pumpkin Brûlée Tart

READY IN



120 min.

SERVINGS



10

CALORIES



252 kcal

DESSERT

Ingredients

- ☐ 2 cups pumpkin puree homemade canned
- ☐ 3 large egg yolk
- ☐ 2 large eggs
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 1.5 cups half and half
- ☐ 0.8 teaspoon kosher salt
- ☐ 10 servings pie crust dough

- ☐ 0.8 cup sugar plus more for caramelizing top

Equipment

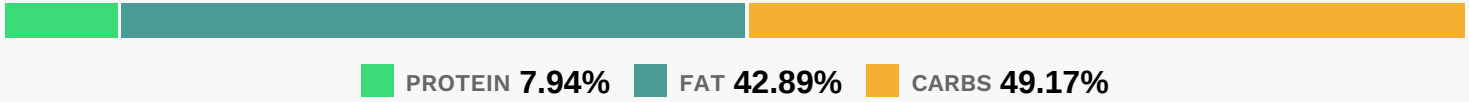
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ blow torch
- ☐ spatula
- ☐ tart form

Directions

- ☐ Cut dough in half and shape each piece into a rectangle.
- ☐ Roll each out on a lightly floured work surface into a rectangle measuring about 7 by 16 in.
- ☐ Preheat oven to 37
- ☐ Lay each dough rectangle over a 4- by 13-in. tart pan with removable bottom. Lift and lower dough into pan (pushing can cause cracking). Trim edges flush with rim of pan, using your thumb or a metal spatula.
- ☐ Cut pieces of parchment paper to fit into tart shells with about 1 in. overhang on all sides. Fill shells with pie weights. Set pans on a rimmed baking sheet.
- ☐ Bake until dough is starting to brown, 25 to 30 minutes.
- ☐ Let cool on sheet until only slightly warm, then carefully pour out pie weights and remove parchment.
- ☐ Meanwhile, blend remaining ingredients (except sugar for caramelizing) in a large bowl.
- ☐ Pour custard mixture into prepared tart shells, dividing evenly.
- ☐ Reduce heat to 32
- ☐ Bake tarts until custard is set and is slightly puffed at edges, about 30 minutes. Cool 1 hour, then chill at least 2 hours and up to 2 days, covering with plastic wrap once cold.

- ☐
- Remove tarts from pans and set on a serving platter.
- ☐
- Sprinkle tops of tarts generously with sugar. Pass flame of a blowtorch over tops until sugar melts and turns golden brown.
- ☐
- Let sugar cool until hard, then cut each tart into pieces.

Nutrition Facts



Properties

Glycemic Index:7.51, Glycemic Load:10.48, Inflammation Score:-10, Nutrition Score:11.206521718398%

Nutrients (% of daily need)

Calories: 251.76kcal (12.59%), Fat: 12.24g (18.83%), Saturated Fat: 5.17g (32.32%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 29.36g (10.68%), Sugar: 18.17g (20.19%), Cholesterol: 104.99mg (34.99%), Sodium: 303.35mg (13.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.19%), Vitamin A: 7883.39IU (157.67%), Manganese: 0.41mg (20.66%), Selenium: 8.72µg (12.46%), Vitamin B2: 0.21mg (12.32%), Phosphorus: 107.36mg (10.74%), Vitamin K: 10.31µg (9.82%), Iron: 1.66mg (9.24%), Fiber: 2.21g (8.83%), Folate: 34.08µg (8.52%), Calcium: 72.55mg (7.26%), Vitamin B5: 0.7mg (6.96%), Vitamin E: 0.97mg (6.46%), Vitamin B1: 0.09mg (6.3%), Potassium: 195.14mg (5.58%), Magnesium: 20.67mg (5.17%), Vitamin B6: 0.09mg (4.68%), Copper: 0.09mg (4.33%), Vitamin B12: 0.26µg (4.29%), Vitamin B3: 0.83mg (4.14%), Zinc: 0.59mg (3.91%), Vitamin D: 0.48µg (3.17%), Vitamin C: 2.4mg (2.91%)