



Pumpkin Chiffon Mousse with Gingersnap Crust

READY IN



45 min.

SERVINGS



10

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 6 large eggs separated
- ☐ 3 teaspoons gelatin powder unflavored (from two)
- ☐ 2 inch gingersnaps finely
- ☐ 0.5 cup granulated sugar
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.8 teaspoon nutmeg

- ☐ 1.5 cups cup heavy whipping cream chilled
- ☐ 0.8 cup brown sugar light packed
- ☐ 0.5 teaspoon salt
- ☐ 2.3 cups pumpkin puree canned
- ☐ 0.3 cup butter unsalted cooled melted
- ☐ 10 servings whipped cream chopped

Equipment

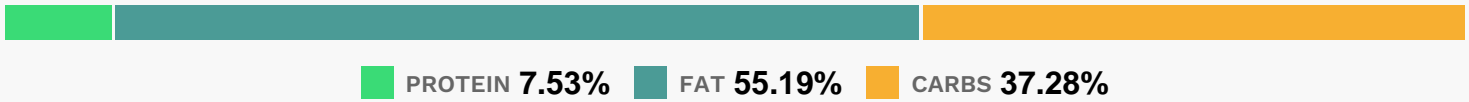
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ springform pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ Stir together gingersnap crumbs and butter in a bowl until crumbs are evenly moistened, then press onto bottom of buttered springform pan.
- ☐ Bake in middle of oven until edge is golden brown, about 8 minutes (watch carefully toward end of baking; crust burns easily). Cool in pan on a rack.
- ☐ Sprinkle gelatin over bourbon in a small bowl and let soften.
- ☐ Beat together yolks and brown sugar with an electric mixer at high speed until thick and pale, 3 to 5 minutes. Reduce speed to moderate and mix in pumpkin, spices, and salt.
- ☐ Transfer pumpkin mixture to a 4-quart heavy saucepan and cook over moderate heat, stirring constantly, until it registers 160°F on a candy or instant-read thermometer, about 6 minutes.
- ☐ Remove pan from heat and immediately add gelatin mixture, stirring until dissolved.

- ☐ Transfer to a large metal bowl set in a larger bowl of ice and cold water and cool, stirring occasionally, until the consistency of raw egg whites, about 15 minutes.
- ☐ Beat egg whites with cleaned beaters at high speed until frothy, then gradually add granulated sugar, beating until whites hold stiff, glossy peaks. Fold into pumpkin mixture gently but thoroughly.
- ☐ Beat cream in another bowl with cleaned beaters until it just holds stiff peaks, then fold into pumpkin mixture gently but thoroughly.
- ☐ Pour filling into springform pan, smoothing top, and chill, uncovered, 1 hour. Cover and chill until set, at least 3 hours.
- ☐ Before serving, run a thin knife around edge of pan and remove side.
- ☐ The egg whites in this recipe are not cooked. If Salmonella is a problem in your area, you can use reconstituted powdered egg whites such as Just Whites.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:7.43, Inflammation Score:-10, Nutrition Score:11.297391279884%

Nutrients (% of daily need)

Calories: 362.36kcal (18.12%), Fat: 21.98g (33.81%), Saturated Fat: 13.03g (81.45%), Carbohydrates: 33.4g (11.13%), Net Carbohydrates: 31.58g (11.48%), Sugar: 29.6g (32.88%), Cholesterol: 168.7mg (56.23%), Sodium: 182.42mg (7.93%), Alcohol: 2g (100%), Alcohol %: 1.52% (100%), Protein: 6.75g (13.5%), Vitamin A: 9449.91IU (189%), Selenium: 11.5µg (16.42%), Vitamin B2: 0.25mg (14.51%), Manganese: 0.22mg (10.97%), Phosphorus: 108.65mg (10.87%), Vitamin K: 10.67µg (10.16%), Vitamin E: 1.41mg (9.4%), Iron: 1.56mg (8.68%), Vitamin D: 1.28µg (8.54%), Vitamin B5: 0.82mg (8.23%), Calcium: 80.49mg (8.05%), Fiber: 1.82g (7.29%), Potassium: 227.09mg (6.49%), Copper: 0.13mg (6.33%), Folate: 23.61µg (5.9%), Vitamin B12: 0.35µg (5.85%), Magnesium: 22.33mg (5.58%), Vitamin B6: 0.11mg (5.3%), Zinc: 0.62mg (4.14%), Vitamin C: 2.55mg (3.09%), Vitamin B1: 0.04mg (2.48%), Vitamin B3: 0.31mg (1.56%)