



## Pumpkin Chiffon Pie

READY IN



420 min.

SERVINGS



10

CALORIES



358 kcal

DESSERT

### Ingredients

- 1.5 teaspoons apple cider dark
- 15 ounce pumpkin puree canned (not pie filling)
- 3 large egg whites at room temperature
- 3 large egg yolk at room temperature
- 0.3 ounce gelatin powder unflavored
- 1 tablespoon granulated sugar
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 1 cup cup heavy whipping cream cold

- 0.8 cup brown sugar light packed
- 0.3 teaspoon nutmeg freshly grated
- 0.5 teaspoon salt fine
- 5 tablespoons butter unsalted melted
- 8 ounces vanilla wafers such as nabisco nilla wafers ( 65 cookies)
- 1 cup milk whole

## Equipment

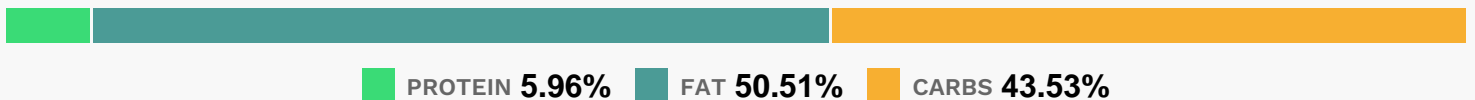
- food processor
- bowl
- frying pan
- sauce pan
- oven
- whisk
- blender
- kitchen thermometer
- stand mixer
- ziploc bags
- spatula
- rolling pin

## Directions

- Heat the oven to 350°F and arrange a rack in the middle.
- Place the cookies in a food processor fitted with a blade attachment and process into fine crumbs (you should have about 2 cups). Stop the motor, add the melted butter, and pulse to combine. (Alternatively, place the cookies in a resealable plastic bag, press out the air, and seal. Using a rolling pin, smash into uniform fine crumbs.
- Transfer to a medium bowl, add the melted butter, and mix until evenly combined.)
- Pour the crumb mixture into a 9-1/2-inch deep-dish pie plate and, using the bottom of a cup or your fingers, press firmly and evenly into the bottom and up the sides.

- Bake until fragrant and slightly darkened in color, about 10 to 15 minutes.
- Pour the rum or apple cider into a small bowl and sprinkle the gelatin evenly over the surface; set aside.
- Whisk the pumpkin, milk, brown sugar, egg yolks, spices, and salt together in a medium saucepan over medium heat. Cook, whisking constantly, until the mixture just starts to steam and reaches 160°F on an instant-read thermometer, about 8 to 9 minutes (do not let the mixture simmer).
- Remove the pan from the heat, add the rum-gelatin mixture, and whisk until combined and the gelatin has dissolved, about 1 to 2 minutes.
- Transfer the mixture to a large bowl and let cool for 15 minutes.
- Place the egg whites in the bowl of a stand mixer fitted with a whisk attachment.
- Whisk on high speed until medium peaks form, about 1 minute. With the mixer still on high speed, slowly add the sugar and continue whisking until stiff, glossy peaks form, about 1 1/2 minutes more. Using a rubber spatula, add half of the beaten egg whites to the cooled pumpkin mixture and gently stir until just combined.
- Add the remaining egg whites and gently stir until just combined and no streaks of egg white remain.
- Transfer the chiffon mixture to the prepared pie crust and spread it into an even layer. Refrigerate uncovered until set, at least 6 hours or overnight. To assemble: When ready to serve, place the cream, sugar, and rum or apple cider in the bowl of a stand mixer fitted with a whisk attachment.
- Whisk on medium speed until medium peaks form, about 3 minutes.
- Spread evenly over the pie and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index: 30.08, Glycemic Load: 13.84, Inflammation Score: -10, Nutrition Score: 10.203043481578%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 357.52kcal (17.88%), Fat: 20.51g (31.56%), Saturated Fat: 11.38g (71.13%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 38.11g (13.86%), Sugar: 27.84g (30.93%), Cholesterol: 100.18mg (33.39%), Sodium: 251.01mg (10.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.89%), Vitamin A: 7256.58IU (145.13%), Vitamin B2: 0.23mg (13.44%), Selenium: 6.77µg (9.68%), Vitamin B1: 0.13mg (8.95%), Phosphorus: 87.22mg (8.72%), Folate: 34.5µg (8.62%), Calcium: 82.11mg (8.21%), Vitamin K: 8.23µg (7.84%), Vitamin D: 1.03µg (6.86%), Manganese: 0.13mg (6.7%), Fiber: 1.68g (6.7%), Vitamin E: 0.98mg (6.54%), Potassium: 213.8mg (6.11%), Vitamin B5: 0.52mg (5.25%), Iron: 0.92mg (5.11%), Vitamin B12: 0.29µg (4.84%), Magnesium: 17.86mg (4.46%), Vitamin B3: 0.83mg (4.14%), Copper: 0.08mg (4.02%), Vitamin B6: 0.07mg (3.66%), Zinc: 0.37mg (2.46%), Vitamin C: 1.95mg (2.36%)