



## Pumpkin Crème Brûlée Tart

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.3 teaspoon butter-flavored extract
- ☐ 2 egg whites lightly beaten
- ☐ 2 eggs lightly beaten
- ☐ 1 cup flour all-purpose divided
- ☐ 3.5 tablespoons ice water
- ☐ 1 cup pumpkin unsweetened canned
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 0.3 teaspoon salt

- ☐ 1 Dash salt
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon sugar
- ☐ 0.8 teaspoon vanilla extract
- ☐ 3 tablespoons vegetable shortening
- ☐ 1 cup milk whole

## Equipment

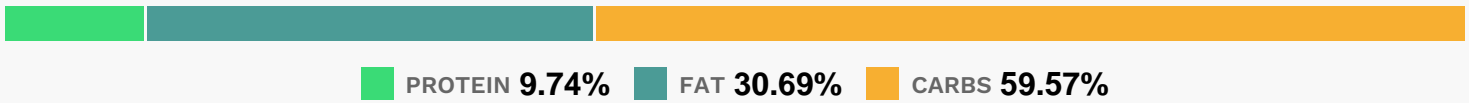
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ tart form

## Directions

- ☐ Combine 1/4 cup flour and ice water, stirring with a wire whisk until well-blended; set aside.
- ☐ Combine remaining flour, sugar, and 1/4 teaspoon salt in a bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add ice water mixture; mix with a fork until dry ingredients are moistened. Gently press mixture into a 4-inch circle on heavy-duty plastic wrap, and cover with additional plastic wrap.
- ☐ Roll dough, still covered, into an 11-inch circle; chill 10 minutes or until plastic wrap can be easily removed.
- ☐ Remove 1 sheet of plastic wrap; fit dough into a 10-inch round tart pan coated with cooking spray, and remove top sheet of plastic wrap. Prick the bottom and sides of dough with a fork, and bake at 400 for 15 minutes.

- ☐ Let cool on a wire rack.
- ☐ Combine pumpkin and next 8 ingredients (pumpkin through egg whites) in a bowl; stir well with a wire whisk.
- ☐ Pour into prepared crust; bake at 350 for 40 minutes or until filling is almost set.
- ☐ Let cool 30 minutes on a wire rack; cover loosely, and chill at least 4 hours.
- ☐ Uncover and press the brown sugar through a small wire sieve onto filling. Shield edges of piecrust with aluminum foil; broil 1 minute or until sugar is bubbly.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:37.9, Glycemic Load:15.33, Inflammation Score:-10, Nutrition Score:10.1926087763%

## Nutrients (% of daily need)

Calories: 210.41kcal (10.52%), Fat: 7.24g (11.15%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 30.31g (11.02%), Sugar: 18.16g (20.17%), Cholesterol: 44.92mg (14.97%), Sodium: 122.66mg (5.33%), Alcohol: 0.13g (100%), Alcohol %: 0.13% (100%), Protein: 5.17g (10.34%), Vitamin A: 4879.21IU (97.58%), Selenium: 11.02µg (15.75%), Vitamin B2: 0.22mg (13.02%), Vitamin B1: 0.15mg (10.2%), Folate: 37.84µg (9.46%), Manganese: 0.18mg (9.15%), Phosphorus: 81.79mg (8.18%), Iron: 1.43mg (7.95%), Vitamin K: 7.67µg (7.31%), Calcium: 61.53mg (6.15%), Vitamin B3: 1.1mg (5.48%), Fiber: 1.33g (5.31%), Vitamin B5: 0.53mg (5.3%), Vitamin E: 0.76mg (5.1%), Potassium: 163.72mg (4.68%), Vitamin B12: 0.27µg (4.49%), Magnesium: 17.19mg (4.3%), Vitamin D: 0.56µg (3.7%), Copper: 0.07mg (3.55%), Vitamin B6: 0.07mg (3.26%), Zinc: 0.44mg (2.92%), Vitamin C: 1.32mg (1.59%)