

Pumpkin Custard for the Thanksgiving Table



Gluten Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



448 kcal

DESSERT

Ingredients

- ☐ 0.5 cup unrefined cane sugar
- ☐ 6 servings double cream raw (preferably , to serve)
- ☐ 9 pastured egg yolks beaten ()
- ☐ 0.5 tsp ground cinnamon
- ☐ 0.3 tsp ground nutmeg
- ☐ 2 cups heavy cream (not ultrapasteurized)
- ☐ 1 pie pumpkin (puree, 2 cups)
- ☐ 1 dash unrefined sea salt

☐ 1 tsp vanilla extract

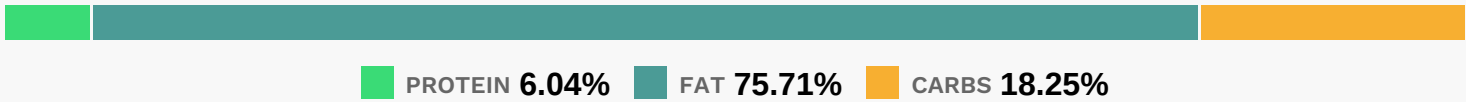
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees Fahrenheit.
- ☐ Whisk pumpkin puree, nine beaten egg yolks, two cups heavy cream with one-half cup unrefined cane sugar, one-half teaspoon ground cinnamon, one-quarter teaspoon ground nutmeg, one teaspoon vanilla extract and a dash unrefined sea salt.Bring about two inches of water to boil in a double boiler or saucepan fitted with a bowl, and stir the custard continuously until thick enough to coat a spoon.
- ☐ Pour the thickened custard into a baking our souffle dish and bake at 350 degrees Fahrenheit about thirty to forty minutes or until a toothpick inserted into the custard’s center comes out clean.
- ☐ Serve warm with creme fraiche, whipped cream or double cream.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:11.66, Inflammation Score:-6, Nutrition Score:8.720000140045%

Nutrients (% of daily need)

Calories: 447.81kcal (22.39%), Fat: 38.21g (58.79%), Saturated Fat: 22.06g (137.89%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 20.58g (7.48%), Sugar: 19.63g (21.81%), Cholesterol: 388.33mg (129.44%), Sodium: 45.17mg (1.96%), Alcohol: 0.24g (100%), Alcohol %: 0.22% (100%), Protein: 6.86g (13.71%), Vitamin A: 1644.86IU

(32.9%), Selenium: 18.05µg (25.79%), Vitamin B2: 0.32mg (18.59%), Vitamin D: 2.73µg (18.18%), Phosphorus: 160.88mg (16.09%), Vitamin B12: 0.68µg (11.31%), Folate: 43.45µg (10.86%), Vitamin B5: 1.05mg (10.53%), Calcium: 101.96mg (10.2%), Vitamin E: 1.48mg (9.85%), Vitamin B6: 0.13mg (6.41%), Zinc: 0.86mg (5.73%), Iron: 0.86mg (4.76%), Vitamin B1: 0.07mg (4.42%), Potassium: 122.65mg (3.5%), Manganese: 0.06mg (3.02%), Vitamin K: 2.98µg (2.83%), Magnesium: 8.51mg (2.13%), Copper: 0.04mg (1.76%)