



Pumpkin Ginger Torte

READY IN



88 min.

SERVINGS



8

CALORIES



210 kcal

DESSERT

Ingredients

- 0.5 cup firmly brown sugar light packed
- 15 oz pumpkin canned
- 2.5 cups cool whip free whipped topping divided thawed
- 0.5 cup milk fat-free
- 2 env. knox gelatine unflavored
- 20 gingersnaps divided crushed finely
- 0.5 tsp ground cinnamon
- 2 Tbsp butter melted

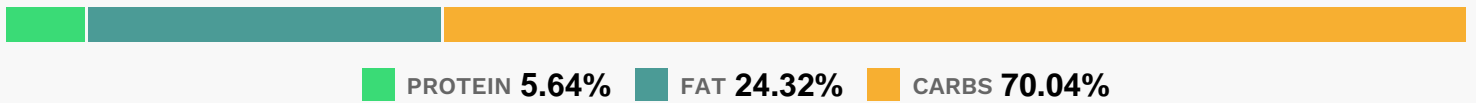
Equipment

- bowl
- sauce pan
- blender
- springform pan

Directions

- Mix 1 cup of the cookie crumbs and the margarine. Press firmly onto bottom of 9-inch springform pan; set aside.
- Place pumpkin, sugar and cinnamon in blender container; cover. Process until well blended; set aside.
- Sprinkle gelatine over milk in small saucepan; let stand 1 min. Cook on low heat 3 min. or until gelatine is completely dissolved, stirring occasionally.
- Add to pumpkin mixture in blender container; cover. Blend well.
- Transfer pumpkin mixture to large bowl. Gently stir in 2 cups of the whipped topping.
- Spread over crust. Refrigerate at least 1 hour. Top with the remaining 1/2 cup whipped topping just before serving.
- Sprinkle with the remaining cookie crumbs.

Nutrition Facts



Properties

Glycemic Index:4.78, Glycemic Load:0.25, Inflammation Score:-10, Nutrition Score:10.650434747986%

Nutrients (% of daily need)

Calories: 209.65kcal (10.48%), Fat: 5.87g (9.03%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 38.02g (12.67%), Net Carbohydrates: 35.91g (13.06%), Sugar: 23.1g (25.67%), Cholesterol: 4.21mg (1.4%), Sodium: 160.3mg (6.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin A: 8470.85IU (169.42%), Manganese: 0.39mg (19.46%), Vitamin B2: 0.25mg (14.53%), Iron: 1.98mg (11%), Calcium: 87.05mg (8.7%), Vitamin K: 9.06µg (8.63%), Fiber: 2.11g (8.43%), Vitamin B12: 0.44µg (7.32%), Potassium: 241.43mg (6.9%), Phosphorus: 67.01mg

(6.7%), Folate: 26.15µg (6.54%), Magnesium: 26.01mg (6.5%), Copper: 0.13mg (6.37%), Vitamin B1: 0.09mg (6.1%), Vitamin E: 0.87mg (5.78%), Vitamin B6: 0.09mg (4.54%), Vitamin B3: 0.88mg (4.42%), Vitamin B5: 0.36mg (3.56%), Selenium: 2.38µg (3.4%), Vitamin C: 2.25mg (2.72%), Zinc: 0.34mg (2.24%), Vitamin D: 0.17µg (1.12%)