




 5%
HEALTH SCORE


Pumpkin-Maple Mousse Parfaits

READY IN




17 min.

SERVINGS



6

CALORIES



389 kcal

DESSERT

Ingredients

- 1 cup pumpkin puree canned
- 2 teaspoons cinnamon
- 1 teaspoon cornstarch
- 0.5 cup t brown sugar dark packed
- 12 small gingersnaps crumbled
- 1 teaspoon ground ginger
- 1.5 cups cup heavy whipping cream
- 0.3 cup maple syrup
- 0.5 teaspoon nutmeg

- 0.3 teaspoon salt
- 2 teaspoons vanilla extract

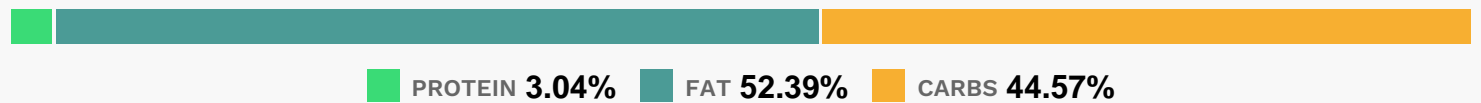
Equipment

- bowl
- sauce pan
- whisk
- sieve

Directions

- In a cup, dissolve cornstarch in 1 tsp. water. In a medium saucepan over medium-low heat, combine pumpkin, 1/2 cup cream, brown sugar, maple syrup, spices and salt. Cook, whisking constantly, for 5 minutes, until sugar dissolves. Stir in cornstarch mixture, bring just to a boil, reduce heat to low, and cook, whisking, for 2 minutes. Strain through a fine-mesh sieve into a large bowl and cool completely.
- In a chilled bowl using chilled beaters, whip remaining 1 cup cream and vanilla extract until firm peaks form. Fold 1/3 of whipped cream into pumpkin mixture to lighten, then fold in remaining cream until no streaks remain. Divide half of mousse among serving bowls or glasses and sprinkle with half of cookie crumbs. Repeat with remaining mousse and crumbs. Cover and chill 4 hours or up to 1 day.

Nutrition Facts



Properties

Glycemic Index:18.58, Glycemic Load:3.34, Inflammation Score:-10, Nutrition Score:11.696521660556%

Nutrients (% of daily need)

Calories: 389.06kcal (19.45%), Fat: 23.05g (35.46%), Saturated Fat: 14.14g (88.39%), Carbohydrates: 44.12g (14.71%), Net Carbohydrates: 42.18g (15.34%), Sugar: 31.94g (35.48%), Cholesterol: 67.24mg (22.41%), Sodium: 199.38mg (8.67%), Alcohol: 0.46g (100%), Alcohol %: 0.39% (100%), Protein: 3.01g (6.03%), Vitamin A: 7232.06IU (144.64%), Manganese: 0.84mg (41.76%), Vitamin B2: 0.35mg (20.44%), Iron: 1.8mg (9.99%), Calcium: 98.09mg (9.81%), Vitamin K: 9µg (8.57%), Fiber: 1.93g (7.72%), Vitamin E: 1.13mg (7.54%), Potassium: 253.51mg (7.24%), Magnesium: 26.48mg (6.62%), Vitamin D: 0.95µg (6.35%), Phosphorus: 62.62mg (6.26%), Copper: 0.11mg (5.42%),

Folate: 19.85µg (4.96%), Selenium: 3.1µg (4.43%), Vitamin B5: 0.4mg (3.97%), Vitamin B1: 0.06mg (3.97%), Vitamin B3: 0.72mg (3.61%), Vitamin B6: 0.07mg (3.43%), Zinc: 0.42mg (2.79%), Vitamin C: 2.1mg (2.55%), Vitamin B12: 0.1µg (1.59%)