



## Pumpkin Mascarpone Pie

READY IN



45 min.

SERVINGS



8

CALORIES



486 kcal

DESSERT

### Ingredients

- ☐ 1 cup pumpkin puree pure canned
- ☐ 2 large eggs
- ☐ 1 cup brown sugar packed ()
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.3 cup water ()
- ☐ 1 teaspoon juice of lemon fresh

- ☐ 0.3 cup mascarpone cheese
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup shortening chilled cut into 1/2-inch cubes
- ☐ 2 tablespoons sugar
- ☐ 1.5 cups unbleached all purpose flour
- ☐ 5 tablespoons butter unsalted chilled cut into 1/2-inch cubes
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream chilled

## Equipment

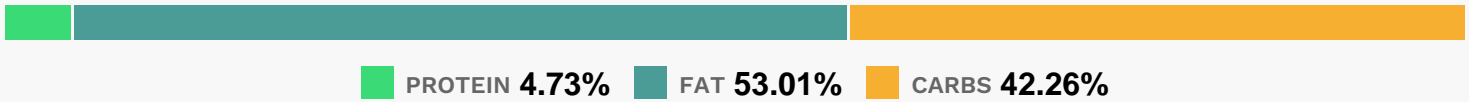
- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ pie form

## Directions

- ☐ Blend flour and salt in processor.
- ☐ Add butter and shortening; pulse until mixture resembles coarse meal.
- ☐ Add 1/4 cup ice water; pulse until dough begins to clump, adding more ice water by teaspoonfuls if dry. Gather into ball; flatten into disk. Wrap in plastic and chill at least 30 minutes. DO AHEAD: Can be made 1 day ahead.
- ☐ Preheat oven to 350°F.
- ☐ Roll out dough on floured work surface to 12-inch round.
- ☐ Transfer to 9-inch glass pie dish. Trim overhang to 1 inch beyond rim. Crimp edges. Chill crust while making filling.
- ☐ Using electric mixer, beat pumpkin and sugar in large bowl until well blended.
- ☐ Add eggs and next 7 ingredients and beat until blended.
- ☐ Add mascarpone cheese and beat just until mixture is smooth.

- ☐ Transfer filling to prepared crust.
- ☐ Bake pie until custard is set, about 55 minutes.
- ☐ Transfer pie to rack and cool. DO AHEAD: Can be made 1 day ahead. Tent with foil and chill.
- ☐ Combine ingredients in medium bowl. Using electric mixer, beat to soft peaks. DO AHEAD: Can be made 4 hours ahead. Cover and chill.
- ☐ Serve pie with topping.
- ☐ \*An Italian cream cheese; sold at many supermarkets and at Italian markets.

## Nutrition Facts



## Properties

Glycemic Index:18.14, Glycemic Load:2.12, Inflammation Score:-10, Nutrition Score:12.196956489397%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 485.67kcal (24.28%), Fat: 28.99g (44.6%), Saturated Fat: 15.42g (96.39%), Carbohydrates: 52g (17.33%), Net Carbohydrates: 50.26g (18.28%), Sugar: 31.79g (35.33%), Cholesterol: 105.96mg (35.32%), Sodium: 77.64mg (3.38%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 5.82g (11.65%), Vitamin A: 5589.64IU (111.79%), Manganese: 0.4mg (19.84%), Selenium: 13.39µg (19.13%), Vitamin B2: 0.25mg (14.72%), Vitamin B1: 0.2mg (13.66%), Folate: 54.45µg (13.61%), Iron: 2.05mg (11.38%), Vitamin K: 10.15µg (9.67%), Vitamin E: 1.39mg (9.28%), Phosphorus: 82.23mg (8.22%), Vitamin B3: 1.59mg (7.96%), Calcium: 76.73mg (7.67%), Fiber: 1.74g (6.95%), Vitamin B5: 0.59mg (5.86%), Vitamin D: 0.86µg (5.71%), Potassium: 179.26mg (5.12%), Copper: 0.1mg (4.93%), Magnesium: 19.68mg (4.92%), Vitamin B6: 0.07mg (3.68%), Zinc: 0.48mg (3.23%), Vitamin B12: 0.17µg (2.9%), Vitamin C: 1.72mg (2.09%)