



Pumpkin Mousse

READY IN



35 min.

SERVINGS



10

CALORIES



323 kcal

DESSERT

Ingredients

- 15 ounce pumpkin canned
- 10 servings ginger snaps for garnish
- 3 cups heavy cream
- 0.5 teaspoon pumpkin pie spice
- 0.8 cup caster sugar
- 1 tablespoon vanilla extract

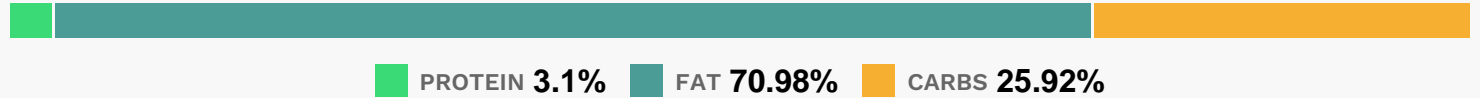
Equipment

- sauce pan

Directions

- Combine pumpkin, 1 cup cream, sugar and spice in a medium saucepan. Simmer over medium heat for 5 minutes. Cool fully.
- Whip remaining heavy cream and vanilla to soft peaks and fold into cooled pumpkin mixture.
- Pour into a serving dish and crumble the ginger snaps over top before serving.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:10.47, Inflammation Score:-10, Nutrition Score:8.3469564966534%

Nutrients (% of daily need)

Calories: 323.21kcal (16.16%), Fat: 26.05g (40.08%), Saturated Fat: 16.52g (103.22%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 20.14g (7.32%), Sugar: 18.83g (20.92%), Cholesterol: 80.68mg (26.89%), Sodium: 27.27mg (1.19%), Alcohol: 0.45g (100%), Alcohol %: 0.43% (100%), Protein: 2.56g (5.12%), Vitamin A: 7667.92IU (153.36%), Vitamin B2: 0.16mg (9.67%), Vitamin K: 9.14µg (8.71%), Vitamin D: 1.14µg (7.62%), Vitamin E: 1.12mg (7.46%), Calcium: 59.93mg (5.99%), Phosphorus: 57.32mg (5.73%), Fiber: 1.27g (5.08%), Manganese: 0.1mg (4.95%), Potassium: 161.78mg (4.62%), Iron: 0.76mg (4.2%), Magnesium: 15.56mg (3.89%), Vitamin B5: 0.36mg (3.56%), Selenium: 2.46µg (3.52%), Copper: 0.06mg (2.94%), Vitamin C: 2.24mg (2.71%), Vitamin B6: 0.05mg (2.53%), Folate: 8.85µg (2.21%), Vitamin B12: 0.11µg (1.9%), Vitamin B1: 0.03mg (1.78%), Zinc: 0.25mg (1.7%), Vitamin B3: 0.24mg (1.21%)