



Pumpkin Mousse



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



376 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 15 ounce pumpkin puree canned
- ☐ 4 ounces cream cheese at room temperature
- ☐ 2.5 cups heavy cream chilled
- ☐ 1.5 teaspoons pumpkin pie spice divided
- ☐ 1 teaspoon vanilla extract

Equipment

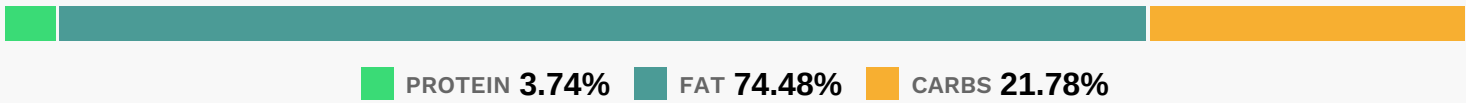
- ☐ bowl

☐ hand mixer

Directions

- ☐ In a large bowl, using an electric hand mixer, beat the cream cheese, pumpkin puree, 1 teaspoon pumpkin pie spice, vanilla, and brown sugar until it becomes smooth and creamy.
- ☐ Gently fold in the whipped cream. Spoon the mousse into individual serving dishes, top each mousse with a dollop of whipped cream, if desired, and a sprinkling of the remaining 1/2 teaspoon pumpkin pie spice.
- ☐ Cook's Note: Mousse can be made a 1 day in advance.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:9.5586956532105%

Nutrients (% of daily need)

Calories: 375.53kcal (18.78%), Fat: 31.92g (49.11%), Saturated Fat: 20.07g (125.45%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 19.41g (7.06%), Sugar: 17.89g (19.88%), Cholesterol: 98.36mg (32.79%), Sodium: 71.34mg (3.1%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 3.61g (7.21%), Vitamin A: 9557.23IU (191.14%), Vitamin B2: 0.2mg (11.89%), Vitamin K: 11.29µg (10.75%), Vitamin E: 1.38mg (9.18%), Calcium: 90.68mg (9.07%), Vitamin D: 1.19µg (7.93%), Phosphorus: 77.93mg (7.79%), Manganese: 0.15mg (7.54%), Fiber: 1.6g (6.39%), Potassium: 220.38mg (6.3%), Iron: 1mg (5.56%), Selenium: 3.86µg (5.52%), Magnesium: 20.52mg (5.13%), Vitamin B5: 0.5mg (5.01%), Copper: 0.08mg (3.81%), Vitamin B6: 0.07mg (3.55%), Vitamin C: 2.77mg (3.35%), Folate: 10.86µg (2.71%), Vitamin B12: 0.15µg (2.5%), Zinc: 0.35mg (2.36%), Vitamin B1: 0.03mg (2.1%), Vitamin B3: 0.28mg (1.41%)