

Pumpkin Mousse

 Gluten Free

READY IN



150 min.

SERVINGS



10

CALORIES



490 kcal

DESSERT

Ingredients

- ☐ 2 banana ripe mashed finely
- ☐ 29 ounce pumpkin puree canned
- ☐ 6 extra large egg yolks
- ☐ 4 teaspoons gelatin powder unflavored
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup half-and-half

- ☐ 2 cups heavy cream cold
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 cups brown sugar light packed
- ☐ 1 teaspoon orange zest grated plus more for garnish, optional
- ☐ 0.3 teaspoon vanilla extract pure

Equipment

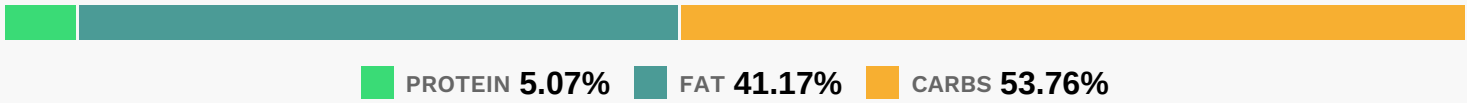
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ double boiler
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the half-and-half, pumpkin, brown sugar, salt, cinnamon, and nutmeg in a heat-proof bowl set over a pan of simmering water until hot, about 5 minutes.
- ☐ Whisk the egg yolks in another bowl, stir some of the hot pumpkin into the egg yolks to heat them, then pour the egg-pumpkin mixture back into the double boiler and stir well.
- ☐ Heat the mixture over the simmering water for another 4 to 5 minutes, until it begins to thicken, stirring constantly. You don't want the eggs to scramble.
- ☐ Remove from the heat.
- ☐ Dissolve the gelatin in 1/2 cup cold water.
- ☐ Add the dissolved gelatin, banana, and orange zest to the pumpkin mixture and mix well. Set aside to cool.
- ☐ For the decoration: Whip the heavy cream in the bowl of an electric mixer fitted with the whisk attachment until soft peaks form.
- ☐ Add the granulated sugar and vanilla and continue to whisk until you have firm peaks. Fold half the whipped cream into the cooled pumpkin mixture.

- ☐
- Pour the mousse into a 7 by 4-inch souffle dish. Pipe or spoon the remaining whipped cream decoratively on the mousse and sprinkle, if desired, with orange zest.
- ☐
- Serve chilled.

Nutrition Facts



Properties

Glycemic Index:19.99, Glycemic Load:9.62, Inflammation Score:-10, Nutrition Score:13.504782676697%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 489.84kcal (24.49%), Fat: 23.21g (35.71%), Saturated Fat: 13.85g (86.59%), Carbohydrates: 68.21g (22.74%), Net Carbohydrates: 65.06g (23.66%), Sugar: 60.75g (67.5%), Cholesterol: 178.9mg (59.63%), Sodium: 401.57mg (17.46%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Protein: 6.43g (12.85%), Vitamin A: 13752.67IU (275.05%), Vitamin B2: 0.26mg (15.36%), Vitamin K: 15.25µg (14.52%), Selenium: 10.05µg (14.35%), Calcium: 134.03mg (13.4%), Manganese: 0.26mg (13.1%), Phosphorus: 129.46mg (12.95%), Fiber: 3.15g (12.58%), Potassium: 403.62mg (11.53%), Vitamin E: 1.68mg (11.18%), Vitamin B6: 0.22mg (10.91%), Iron: 1.92mg (10.66%), Vitamin B5: 0.98mg (9.84%), Magnesium: 36.25mg (9.06%), Copper: 0.18mg (9.01%), Vitamin D: 1.34µg (8.97%), Folate: 34.05µg (8.51%), Vitamin C: 6.29mg (7.63%), Vitamin B12: 0.33µg (5.55%), Zinc: 0.66mg (4.37%), Vitamin B1: 0.06mg (4.26%), Vitamin B3: 0.57mg (2.87%)