

 food
network

Pumpkin Mousse Parfaits

READY IN



270 min.

SERVINGS



10

CALORIES



285 kcal

DESSERT

Ingredients

- 10 servings crystallized ginger for decoration, optional
- 0.3 cup rum dark
- 2 extra large egg yolks
- 2 teaspoons gelatin powder unflavored
- 8 ginger cookies chopped
- 0.5 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 1.5 cups heavy cream cold

- 0.5 teaspoon kosher salt
- 0.5 cup brown sugar light packed
- 2 teaspoons orange zest grated
- 15 ounce pumpkin (not pie filling)
- 10 servings whipped cream sweetened
- 1.5 teaspoons vanilla extract pure

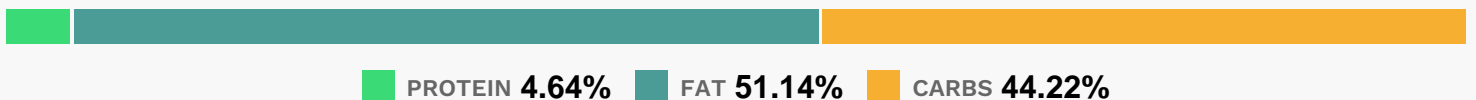
Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- hand mixer

Directions

- Place the rum in a heat-proof bowl and sprinkle with gelatin. Set aside for 10 minutes for the gelatin to soften.
- In a large bowl, whisk together the pumpkin, granulated sugar, brown sugar, egg yolks, orange zest, cinnamon, nutmeg, and salt. Set the bowl of gelatin over a pan of simmering water and cook until the gelatin is clear. Immediately whisk the hot gelatin mixture into the pumpkin mixture. In the bowl of an electric mixer fitted with a whisk attachment, whip the heavy cream and vanilla until soft peaks form. Fold the whipped cream into the pumpkin mixture.
- To assemble, spoon some of the pumpkin mixture into parfait glasses, add a layer of whipped cream, then some chopped cookies. Repeat, ending with a third layer of pumpkin. Cover with plastic wrap and refrigerate for 4 hours or overnight. To serve, decorate with whipped cream and slivered crystallized ginger.

Nutrition Facts



Properties

Glycemic Index:28.71, Glycemic Load:9.24, Inflammation Score:-10, Nutrition Score:8.020000162332%

Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg

Nutrients (% of daily need)

Calories: 285.42kcal (14.27%), Fat: 15.82g (24.34%), Saturated Fat: 9.56g (59.74%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 30.34g (11.03%), Sugar: 25.33g (28.14%), Cholesterol: 83.78mg (27.93%), Sodium: 164.67mg (7.16%), Alcohol: 2.21g (100%), Alcohol %: 2.27% (100%), Protein: 3.23g (6.46%), Vitamin A: 4240.03IU (84.8%), Vitamin B2: 0.16mg (9.31%), Manganese: 0.17mg (8.63%), Potassium: 228.06mg (6.52%), Phosphorus: 64.73mg (6.47%), Vitamin E: 0.97mg (6.45%), Calcium: 59.05mg (5.91%), Selenium: 4.1µg (5.86%), Vitamin C: 4.59mg (5.56%), Vitamin D: 0.79µg (5.26%), Iron: 0.94mg (5.25%), Copper: 0.1mg (5.23%), Folate: 19.05µg (4.76%), Vitamin B5: 0.38mg (3.83%), Vitamin B1: 0.05mg (3.3%), Vitamin B6: 0.06mg (3.24%), Magnesium: 12.67mg (3.17%), Zinc: 0.37mg (2.47%), Vitamin B3: 0.49mg (2.43%), Vitamin B12: 0.14µg (2.41%), Vitamin K: 1.92µg (1.83%), Fiber: 0.44g (1.77%)