



Pumpkin Mousse Trifle

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

DESSERT

Ingredients

- ☐ 1 cup pumpkin puree canned
- ☐ 0.1 teaspoon cinnamon
- ☐ 2 egg whites
- ☐ 1 pinch ground cloves
- ☐ 1 pinch nutmeg
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 1 tablespoon pumpkin seeds
- ☐ 8 shortbread cookies store-bought
- ☐ 0.5 cup sugar divided

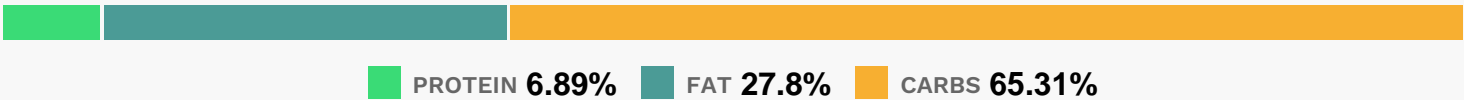
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 325°F. Coat a baking sheet with cooking spray.
- ☐ Spread pumpkin seeds evenly on sheet; bake until golden, stirring once, about 25 minutes. In a bowl, mix pumpkin, cinnamon, nutmeg and cloves until smooth. In a second bowl, whip egg whites with an electric mixer until soft peaks form; add 1/2 cup sugar and whip until stiff peaks of meringue form. Gently fold pumpkin mixture into meringue until just combined. In a third bowl, combine sour cream and remaining 1 tablespoon sugar. In a food processor, pulse cookies into fine crumbs. In each of four 5-ounce glasses, divide and layer half of shortbread crumbs and half of pumpkin mousse; repeat layers. Top each with 1 tablespoon sweetened sour cream and sprinkle with pumpkin seeds; serve immediately.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index: 54.77, Glycemic Load: 25.52, Inflammation Score: -10, Nutrition Score: 10.443478239619%

Nutrients (% of daily need)

Calories: 262.74kcal (13.14%), Fat: 8.36g (12.86%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 44.2g (14.73%), Net Carbohydrates: 41.92g (15.24%), Sugar: 31.54g (35.04%), Cholesterol: 5.03mg (1.68%), Sodium: 111.03mg (4.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Vitamin A: 9597.57IU (191.95%), Manganese: 0.33mg (16.31%), Vitamin K: 12.31µg (11.72%), Vitamin B2: 0.19mg (11.05%), Iron: 1.72mg (9.55%), Fiber: 2.28g (9.12%), Magnesium: 35.33mg (8.83%), Vitamin E: 1.24mg (8.26%), Phosphorus: 78.52mg (7.85%), Selenium: 5.32µg (7.6%), Folate: 27.38µg (6.85%), Vitamin B1: 0.1mg (6.63%), Copper: 0.13mg (6.37%), Potassium: 220.82mg (6.31%), Vitamin B3: 1.04mg (5.18%), Calcium: 42.49mg (4.25%), Vitamin B5: 0.35mg (3.53%), Vitamin C: 2.76mg (3.34%), Zinc: 0.48mg (3.22%), Vitamin B6: 0.06mg (2.81%), Vitamin B12: 0.07µg (1.23%)