

Pumpkin Pie Brûlée

READY IN



45 min.

SERVINGS



8

CALORIES



342 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin pure canned
- ☐ 3 large eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 8 servings flaky pie crust dough
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar

☐ 1.3 cups whipping cream

Equipment

☐ bowl

☐ oven

☐ whisk

☐ aluminum foil

☐ broiler

☐ pie form

Directions

☐ Preheat oven to 375°F.

☐ Roll out dough on lightly floured surface to 12-inch round.

☐ Transfer to 9-inch-diameter glass pie dish. Fold overhang under and crimp decoratively. Pierce dough all over with fork. Freeze 15 minutes. Line crust with foil; fill with dried beans or pie weights.

☐ Bake until sides are set, about 12 minutes.

☐ Remove foil and beans. Reduce oven temperature to 350°F.

☐ Whisk pumpkin and 3/4 cup sugar in large bowl to blend.

☐ Whisk in eggs, then cream, spices, and salt.

☐ Pour filling into warm crust.

☐ Bake pie until filling is set in center, about 50 minutes.

☐ Transfer pie to rack; cool 30 minutes. Chill until cold, at least 2 hours and up to 1 day.

☐ Preheat broiler.

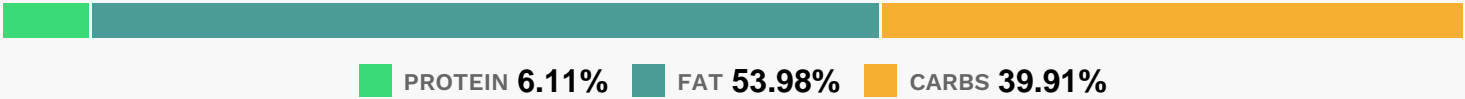
☐ Sprinkle pie evenly with 2 tablespoons sugar. Broil until sugar melts and begins to caramelize, turning pie for even browning, about 1 minute.

☐ Let pie stand until topping hardens, about 20 minutes.

☐ Sprinkle pie again with remaining 2 tablespoons sugar. Broil again until sugar browns, about 1 minute. Refrigerate pie until topping hardens, about 30 minutes.

☐ Serve or keep refrigerated no more than 2 hours longer.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:13.11, Inflammation Score:-10, Nutrition Score:11.097826035126%

Nutrients (% of daily need)

Calories: 342.44kcal (17.12%), Fat: 20.99g (32.3%), Saturated Fat: 10.98g (68.6%), Carbohydrates: 34.92g (11.64%), Net Carbohydrates: 32.66g (11.88%), Sugar: 21.65g (24.06%), Cholesterol: 111.77mg (37.26%), Sodium: 199.23mg (8.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.7%), Vitamin A: 8921.58IU (178.43%), Manganese: 0.32mg (15.8%), Vitamin B2: 0.22mg (13.21%), Selenium: 8.56µg (12.23%), Vitamin K: 11.4µg (10.86%), Iron: 1.74mg (9.67%), Phosphorus: 93.32mg (9.33%), Fiber: 2.26g (9.03%), Vitamin E: 1.21mg (8.05%), Folate: 31.65µg (7.91%), Vitamin B5: 0.68mg (6.83%), Vitamin D: 0.97µg (6.47%), Vitamin B1: 0.09mg (5.77%), Calcium: 56.12mg (5.61%), Potassium: 196.43mg (5.61%), Magnesium: 21.1mg (5.27%), Copper: 0.09mg (4.73%), Vitamin B6: 0.09mg (4.37%), Vitamin B3: 0.84mg (4.18%), Vitamin B12: 0.23µg (3.77%), Zinc: 0.53mg (3.56%), Vitamin C: 2.47mg (2.99%)