



## Pumpkin Pie Creme Brulee

READY IN



115 min.

SERVINGS



10

CALORIES



594 kcal

DESSERT

### Ingredients

- 32 butter crackers (recommended: Ritz crackers)
- 2 cups pumpkin puree canned
- 2 tablespoons brown sugar dark
- 8 egg yolks
- 1 teaspoon ground cinnamon
- 3.5 cups heavy cream divided
- 1 teaspoon nutmeg freshly grated
- 0.5 cup pecans
- 0.5 teaspoon powdered ginger

- 1 cup sugar
- 0.3 cup sugar
- 5 tablespoons butter unsalted melted plus more if needed
- 1 vanilla pod
- 10 servings water hot
- 0.5 cup milk whole

## Equipment

- food processor
- bowl
- sauce pan
- oven
- knife
- whisk
- sieve
- ramekin
- baking pan
- roasting pan
- springform pan

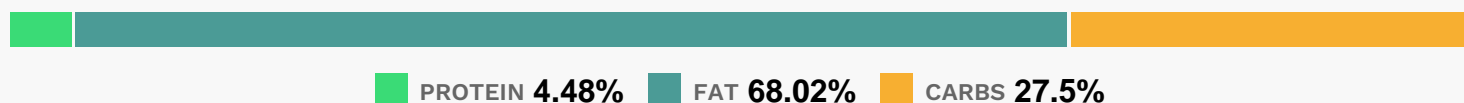
## Directions

- Preheat the oven to 300 degrees F. Make the crust: In the bowl of a food processor fitted with the metal blade, pulse the crackers and pecans until finely ground, 6 to 10 pulses.
- Add the melted butter and brown sugar and pulse to combine. Press the mixture into the bottoms and 1/2 inch up the sides of ten 6-ounce ramekins.
- Put the ramekins in a large baking dish or roasting pan and blind bake in the oven, 10 to 12 minutes.
- Remove and set aside to cool.
- Combine 2 cups cream, the cinnamon, nutmeg and ginger in a saucepan over medium-high heat. Halve the vanilla bean lengthwise; scrape out the seeds with a knife, then add the seeds

and pod to the saucepan. Bring to a boil and remove from the heat.

- Whisk the egg yolks with the granulated sugar in a bowl until the sugar is dissolved.
- Add the remaining 1 1/2 cups cream and the milk to the saucepan. Slowly whisk in the yolk mixture, then strain the custard through a sieve back into the bowl.
- Whisk in the pumpkin.
- Divide the pumpkin mixture among the ramekins.
- Pour hot water into the baking dish, about halfway up the sides of the ramekins.
- Bake until the custard is starting to set but is still a little wiggly in the middle, 55 minutes to 1 hour.
- Remove from the oven; remove the ramekins from the water bath and let cool to room temperature. Cover and refrigerate at least 6 hours or overnight.
- Lightly sprinkle the custard with turbinado sugar.
- Heat the sugar with a butane torch until caramelized. To get a thicker caramelized sugar crust, repeat, using just a light sprinkling of sugar each time.
- Let cool.
- In the bowl of a food processor fitted with the metal blade, pulse the crackers and pecans until finely ground, about 6 to 10 (3-second) pulses.
- Add the melted butter and brown sugar and pulse to combine. Press into the bottom of a springform pan, baking dish, or 8 (6-ounce) ramekins.

## Nutrition Facts



## Properties

Glycemic Index:19.31, Glycemic Load:14.24, Inflammation Score:-10, Nutrition Score:14.563478210698%

## Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

## Nutrients (% of daily need)

Calories: 594.32kcal (29.72%), Fat: 46.1g (70.93%), Saturated Fat: 25.31g (158.2%), Carbohydrates: 41.93g (13.98%), Net Carbohydrates: 39.65g (14.42%), Sugar: 33.01g (36.68%), Cholesterol: 266.16mg (88.72%), Sodium: 134.86mg (5.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.67%), Vitamin A: 9256.32IU (185.13%), Manganese: 0.44mg (21.79%), Vitamin B2: 0.31mg (18.49%), Phosphorus: 176.41mg (17.64%), Selenium: 11.9µg (17.01%), Vitamin D: 2.35µg (15.66%), Vitamin K: 16.17µg (15.4%), Vitamin E: 2.23mg (14.9%), Calcium: 133.6mg (13.36%), Iron: 1.8mg (10.01%), Vitamin B5: 0.97mg (9.75%), Folate: 38.65µg (9.66%), Copper: 0.19mg (9.46%), Vitamin B1: 0.14mg (9.12%), Fiber: 2.28g (9.12%), Vitamin B12: 0.49µg (8.2%), Magnesium: 30.62mg (7.66%), Potassium: 255.39mg (7.3%), Vitamin B6: 0.13mg (6.65%), Zinc: 0.99mg (6.62%), Vitamin B3: 0.8mg (3.98%), Vitamin C: 2.63mg (3.18%)