



Pumpkin-Pie Parfaits

READY IN



25 min.

SERVINGS



6

CALORIES



495 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons bourbon
- ☐ 0.5 cup pumpkin pure canned
- ☐ 0.8 cup confectioners' sugar
- ☐ 13 graham crackers
- ☐ 2 cups heavy cream cold
- ☐ 1 pinch nutmeg freshly grated
- ☐ 1 tablespoon butter unsalted melted
- ☐ 0.5 cup chocolate chips white

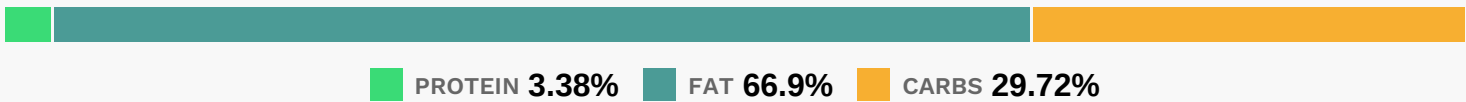
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Put 7 cookies in a resealable plastic bag and crush into crumbs with a heavy pan.
- ☐ Brush the bottoms and about 1 inch up the sides of 6 parfait glasses with the butter.
- ☐ Add a spoonful of crumbs to each and roll them around the insides of the glasses; pour out the excess crumbs and reserve for topping. Refrigerate the prepared glasses.
- ☐ Put 3/4 cup confectioners' sugar, the pumpkin, 1 1/2 teaspoons bourbon and the nutmeg in a food processor. Pulse until smooth, about 1 minute.
- ☐ Put the white chocolate chips in a microwave-safe bowl and microwave at 50% power until melted, about 1 minute, stirring halfway.
- ☐ Add to the pumpkin mixture and process until combined.
- ☐ Transfer to a large bowl.
- ☐ Beat 1 /12 cups cream in a bowl with a mixer until soft peaks form; fold into the pumpkin mixture until smooth. Divide among the prepared glasses and refrigerate until ready to serve.
- ☐ Beat the remaining 1/2 cup cream with a mixer until foamy.
- ☐ Add the remaining 1 tablespoon confectioners' sugar and 1 teaspoon bourbon and beat until soft peaks form. Top the parfaits with the whipped cream, reserved cookie crumbs and the remaining 6 cookies.
- ☐ Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:34.08, Glycemic Load:10.69, Inflammation Score:-10, Nutrition Score:9.0686958458113%

Nutrients (% of daily need)

Calories: 494.58kcal (24.73%), Fat: 37.31g (57.4%), Saturated Fat: 22.98g (143.62%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 36.19g (13.16%), Sugar: 31.42g (34.91%), Cholesterol: 98.07mg (32.69%), Sodium: 111.94mg (4.87%), Alcohol: 0.7g (100%), Alcohol %: 0.6% (100%), Protein: 4.25g (8.49%), Vitamin A: 4408.19IU (88.16%), Vitamin B2: 0.24mg (14.17%), Phosphorus: 97.72mg (9.77%), Calcium: 92.57mg (9.26%), Vitamin D: 1.3µg (8.7%), Vitamin E: 1.24mg (8.25%), Vitamin K: 7.65µg (7.28%), Manganese: 0.13mg (6.44%), Selenium: 3.99µg (5.71%), Potassium: 189.11mg (5.4%), Iron: 0.94mg (5.2%), Copper: 0.1mg (5.17%), Magnesium: 19.29mg (4.82%), Fiber: 1.1g (4.39%), Vitamin B5: 0.43mg (4.27%), Vitamin B1: 0.06mg (3.83%), Vitamin B12: 0.23µg (3.78%), Zinc: 0.49mg (3.24%), Folate: 12.98µg (3.24%), Vitamin B3: 0.61mg (3.06%), Vitamin B6: 0.05mg (2.73%), Vitamin C: 1.41mg (1.71%)