



Pumpkin Pie Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 1 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1.8 cups milk 1% low-fat
- ☐ 0.5 cup pumpkin puree unsweetened canned
- ☐ 0.1 teaspoon salt

- ☐ 1 Dash salt
- ☐ 0.5 cup sugar divided
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnut pieces chopped

Equipment

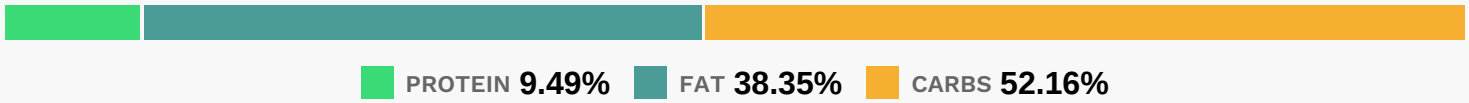
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Combine 6 tablespoons sugar and 2 tablespoons cornstarch in a medium saucepan over medium heat.
- ☐ Combine milk and egg, stirring well with a whisk. Gradually add milk mixture to sugar mixture, stirring constantly, and bring to a boil. Cook for 1 minute, stirring constantly.
- ☐ Remove from heat.
- ☐ Combine pumpkin and the next 4 ingredients (through ground nutmeg) in a bowl, stirring well. Slowly add pumpkin mixture to milk mixture, whisking constantly.
- ☐ Place pan over low heat, and cook for 3 minutes or until thoroughly heated, stirring constantly (do not boil). Divide pudding evenly among 4 dessert bowls, and cover surface of pudding with plastic wrap. Chill.
- ☐ Line a baking sheet with foil, and coat foil with cooking spray.
- ☐ Place the remaining 2 tablespoons sugar, walnuts, and a dash of salt in a small nonstick skillet; cook over low heat until sugar dissolves and is golden (about 3 minutes), stirring frequently to coat nuts.

- ☐
- Transfer mixture to prepared baking sheet, and cool completely. Coarsely chop nuts.
- ☐
- Place cream in a bowl. Beat with a mixer at high speed until stiff peaks form. Top each serving with 2 tablespoons whipped cream and about 1 tablespoon nuts.

Nutrition Facts



Properties

Glycemic Index:41.27, Glycemic Load:17.57, Inflammation Score:-10, Nutrition Score:12.346956532934%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 286.4kcal (14.32%), Fat: 12.5g (19.23%), Saturated Fat: 4.91g (30.68%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 36.7g (13.35%), Sugar: 31.9g (35.45%), Cholesterol: 68.47mg (22.82%), Sodium: 146.81mg (6.38%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 6.96g (13.92%), Vitamin A: 5256.97IU (105.14%), Manganese: 0.35mg (17.66%), Phosphorus: 176.62mg (17.66%), Calcium: 165.15mg (16.52%), Vitamin B2: 0.26mg (15.47%), Vitamin B12: 0.76µg (12.75%), Vitamin D: 1.62µg (10.83%), Selenium: 7.2µg (10.29%), Magnesium: 34.04mg (8.51%), Potassium: 294.3mg (8.41%), Copper: 0.17mg (8.34%), Vitamin B5: 0.77mg (7.68%), Vitamin B6: 0.15mg (7.28%), Vitamin B1: 0.1mg (6.63%), Fiber: 1.56g (6.24%), Zinc: 0.93mg (6.21%), Vitamin K: 5.79µg (5.52%), Iron: 0.93mg (5.16%), Folate: 19.44µg (4.86%), Vitamin E: 0.67mg (4.47%), Vitamin C: 1.48mg (1.8%), Vitamin B3: 0.34mg (1.69%)