



Pumpkin Pot De Creme



Vegetarian



Gluten Free

READY IN



585 min.

SERVINGS



6

CALORIES



477 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon cinnamon
- ☐ 1 teaspoon rum dark
- ☐ 5 egg yolks
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup maple syrup
- ☐ 0.5 cup pecans toasted chopped

- ☐ 1 cup pumpkin puree
- ☐ 0.3 cup sugar
- ☐ 0.5 vanilla pod split
- ☐ 2 cups whipping cream
- ☐ 2 tablespoons sugar white

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ ramekin
- ☐ baking pan
- ☐ aluminum foil

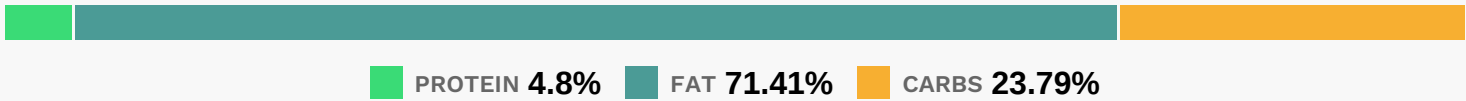
Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Combine the whipping cream, 1/4 cup sugar, cinnamon, ginger, nutmeg, cloves, pumpkin puree, and the vanilla bean pod and seeds in a saucepan over medium-low heat; bring to a simmer; stir in the rum.
- ☐ Remove from the heat cover and stand 15 minutes.
- ☐ Beat together the egg yolks and 2 tablespoons sugar. Stir in 2 tablespoons of the cream mixture.
- ☐ Pour the egg yolk mixture into the saucepan with the cream mixture to make a custard; stir; simmer 3 to 5 minutes.
- ☐ Arrange 6 ramekins in a shallow baking dish.
- ☐ Pour the custard evenly into the ramekins.
- ☐ Pour boiling water into the baking dish to half-way up the sides of the ramekins. Loosely cover the baking dish with aluminum foil.
- ☐ Bake in the preheated oven until the custard is nearly set with a dime-sized circle of jiggly liquid remaining in the center of each ramekin, 25 to 40 minutes. Allow to sit, loosely covered

with aluminum foil, another 30 minutes.

- ☐
- Cover each ramekin with plastic wrap; chill in refrigerator overnight. Top each custard with pecans and maple syrup to serve.

Nutrition Facts



Properties

Glycemic Index:46.11, Glycemic Load:11.97, Inflammation Score:-10, Nutrition Score:14.51043462235%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 477.3kcal (23.87%), Fat: 38.82g (59.72%), Saturated Fat: 20.28g (126.73%), Carbohydrates: 29.09g (9.7%), Net Carbohydrates: 26.88g (9.78%), Sugar: 24.46g (27.18%), Cholesterol: 251.65mg (83.88%), Sodium: 32.3mg (1.4%), Alcohol: 0.28g (100%), Alcohol %: 0.21% (100%), Protein: 5.87g (11.75%), Vitamin A: 7743.24IU (154.86%), Manganese: 0.89mg (44.44%), Vitamin B2: 0.43mg (25.55%), Selenium: 11.4µg (16.28%), Phosphorus: 142.31mg (14.23%), Vitamin D: 2.08µg (13.86%), Vitamin E: 1.68mg (11.2%), Calcium: 106.96mg (10.7%), Vitamin K: 9.69µg (9.23%), Vitamin B5: 0.89mg (8.87%), Fiber: 2.21g (8.84%), Copper: 0.17mg (8.33%), Folate: 31.9µg (7.98%), Vitamin B1: 0.12mg (7.73%), Iron: 1.34mg (7.46%), Magnesium: 29.24mg (7.31%), Zinc: 1.09mg (7.25%), Vitamin B12: 0.42µg (6.99%), Potassium: 243.79mg (6.97%), Vitamin B6: 0.12mg (6.1%), Vitamin C: 2.3mg (2.79%), Vitamin B3: 0.33mg (1.63%)