



## Pumpkin Praline Trifle

READY IN



45 min.

SERVINGS



12

CALORIES



303 kcal

DESSERT

### Ingredients

- ☐ 15 ounce pumpkin puree pure canned
- ☐ 4.5 tablespoons rum dark divided
- ☐ 0.5 cup brown sugar packed ()
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup half and half
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 0.5 ounce ladyfingers soft
- ☐ 8 ounce mascarpone cheese chilled

- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 6 ounces pecans
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1.5 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract

## Equipment

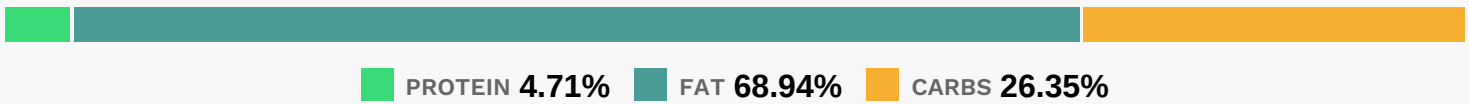
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer
- ☐ candy thermometer

## Directions

- ☐ Spray baking sheet with nonstick spray. Bring both sugars and half and half to boil in heavy medium saucepan over medium-high heat, whisking to dissolve sugar. Reduce heat to medium-low and simmer 5 minutes, whisking constantly.
- ☐ Add butter, vanilla, and salt. Attach candy thermometer to pan. Simmer without stirring until temperature registers 260°F, about 8 minutes.
- ☐ Remove from heat; immediately mix in pecans.
- ☐ Transfer to prepared sheet, spreading in single layer. Cool completely. Chop into 1/4-inch pieces.
- ☐ Using electric mixer, beat all ingredients in large bowl until firm peaks form. Set aside 1/2 cup mascarpone cream for pumpkin filling.
- ☐ Whisk pumpkin, brown sugar, cream, cinnamon, nutmeg, allspice, and salt in large bowl to blend.
- ☐ Whisk in reserved 1/2 cup mascarpone cream.

- ☐ Spread 1/3 cup mascarpone cream over bottom of 8x5-inch trifle dish (12-to14-cup capacity).
- ☐ Place layer of ladyfingers over cream in bottom of dish (about half of 3-ounce package).
- ☐ Sprinkle 1 1/2 tablespoons rum over.
- ☐ Spread 1/2 cup pumpkin filling over ladyfingers, spreading to edges.
- ☐ Sprinkle 1/3 cup praline over.
- ☐ Spread 1 cup mascarpone cream over. Cover with another layer of ladyfingers.
- ☐ Sprinkle with 1 1/2 tablespoons rum, then spread 1 cup pumpkin filling over.
- ☐ Sprinkle 1/2 cup praline over. Repeat 1 more time with 1 cup mascarpone cream, ladyfingers, 1 1/2 tablespoons rum, 1 cup pumpkin filling, and 1/2 cup praline.
- ☐ Spread remaining mascarpone cream over. Cover and chill overnight. DO AHEAD: Can be made 2 days ahead. Keep chilled.
- ☐ Uncover trifle.
- ☐ Sprinkle 1 cup praline decoratively over top (reserve any remaining praline for another use).
- ☐ \* An Italian cream cheese; sold at many supermarkets and at Italian markets.
- ☐ \*\* Available in the bakery or bread section of some supermarkets and at specialty food stores.

## Nutrition Facts



## Properties

Glycemic Index:15.42, Glycemic Load:2.98, Inflammation Score:-10, Nutrition Score:10.005217407061%

## Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg

## Nutrients (% of daily need)

Calories: 303.14kcal (15.16%), Fat: 22.93g (35.28%), Saturated Fat: 8.79g (54.91%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 17.21g (6.26%), Sugar: 15.26g (16.96%), Cholesterol: 33.23mg (11.08%), Sodium: 70.73mg

(3.08%), Alcohol: 1.99g (100%), Alcohol %: 2.46% (100%), Protein: 3.53g (7.05%), Vitamin A: 5935.32IU (118.71%), Manganese: 0.73mg (36.66%), Copper: 0.22mg (10.89%), Fiber: 2.51g (10.03%), Vitamin B1: 0.11mg (7.27%), Magnesium: 27.6mg (6.9%), Calcium: 66.77mg (6.68%), Phosphorus: 64.25mg (6.42%), Vitamin K: 6.59µg (6.27%), Iron: 0.99mg (5.5%), Zinc: 0.77mg (5.11%), Potassium: 160.65mg (4.59%), Vitamin E: 0.68mg (4.54%), Vitamin B2: 0.07mg (3.94%), Vitamin B5: 0.32mg (3.24%), Vitamin B6: 0.06mg (3.03%), Folate: 8.88µg (2.22%), Vitamin C: 1.76mg (2.13%), Vitamin B3: 0.35mg (1.74%), Selenium: 1.2µg (1.72%)