



Pumpkin Tartlets

READY IN



145 min.

SERVINGS



48

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup brown sugar
- ☐ 8 ounces cream cheese at room temperature
- ☐ 1 package powdered gelatin
- ☐ 1 box gingersnap cookies
- ☐ 0.5 cup heavy cream
- ☐ 1 cup heavy cream
- ☐ 0.3 cup maple syrup
- ☐ 3 tablespoons powdered sugar
- ☐ 15 ounce pumpkin pie filling canned

- ☐ 2.5 teaspoons pumpkin pie spice divided
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 2 teaspoons vanilla extract
- ☐ 2 tablespoons water cold

Equipment

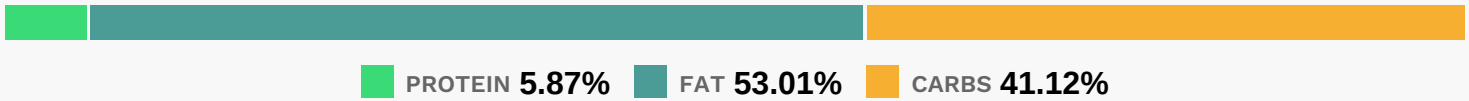
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ spatula
- ☐ muffin tray
- ☐ mini muffin tray

Directions

- ☐ Spray 2 (24 count) mini muffin trays with nonstick cooking spray.
- ☐ Soften the gelatin in a small bowl by combining it with the cold water, stirring with a fork.
- ☐ Set aside.
- ☐ Heat the cream in a small pot over low heat until hot but not simmering.
- ☐ Remove it from the heat and whisk in the softened gelatin. Set aside and let cool to room temperature.
- ☐ In the bowl of a standing mixer, add the cream cheese and beat until smooth.
- ☐ Add the brown sugar, 2 teaspoons of the pumpkin pie spice, salt, and vanilla. Scrape down the sides of the bowl with a rubber spatula.
- ☐ Add the sour cream, maple syrup and pumpkin pie filling.
- ☐ Mix until well blended.

- ☐ Slowly drizzle in the heavy cream and gelatin mixture.
- ☐ Evenly divide the pumpkin filling among the 2 muffin tins, about 1 1/2 tablespoons per muffin. Once all of the cups are filled put a ginger snap cookie onto the pumpkin filling in each tin. Cover with plastic wrap and refrigerate until set, about 2 hours.
- ☐ To remove, put some hot water in a sheet tray.
- ☐ Put the muffin tins in the hot water for 30 seconds. Arrange a clean sheet pan on top of the muffin tin and invert. Carefully lift the muffin tray up to release the tarts. Arrange them on a serving platter.
- ☐ In a chilled bowl add the cream, powdered sugar, and remaining 1/2 teaspoon of the pumpkin pie spice. Beat with a hand mixer until stiff peaks form. Put a teaspoon dollop of whipped cream on top of each tart before serving.

Nutrition Facts



Properties

Glycemic Index:1.32, Glycemic Load:0.48, Inflammation Score:-5, Nutrition Score:2.0099999593652%

Nutrients (% of daily need)

Calories: 75.82kcal (3.79%), Fat: 4.57g (7.03%), Saturated Fat: 2.8g (17.5%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 7.22g (2.63%), Sugar: 5.3g (5.89%), Cholesterol: 13.88mg (4.63%), Sodium: 50.24mg (2.18%), Alcohol: 0.06g (100%), Alcohol %: 0.25% (100%), Protein: 1.14g (2.28%), Vitamin A: 915.66IU (18.31%), Manganese: 0.09mg (4.74%), Vitamin B2: 0.06mg (3.55%), Fiber: 0.75g (3%), Calcium: 19.76mg (1.98%), Vitamin B5: 0.16mg (1.56%), Selenium: 1.06µg (1.51%), Phosphorus: 14.78mg (1.48%), Copper: 0.02mg (1.15%), Vitamin B6: 0.02mg (1.09%), Folate: 4.15µg (1.04%), Potassium: 36.49mg (1.04%)