



## Pumpkin Tiramisu

READY IN



20 min.

SERVINGS



8

CALORIES



513 kcal

DESSERT

### Ingredients

- 0.8 cup brown sugar packed
- 14 ounce pumpkin puree canned
- 8 ounce block cream cheese at room temperature
- 0.3 cup granulated sugar
- 1.5 cups heavy cream
- 24 ladyfingers
- 0.5 cup orange juice
- 1 teaspoon pumpkin pie spice
- 3 tablespoons spiced rum

- 1 cup orange spice tea with one tea bag and cooled brewed
- 1 teaspoon vanilla extract

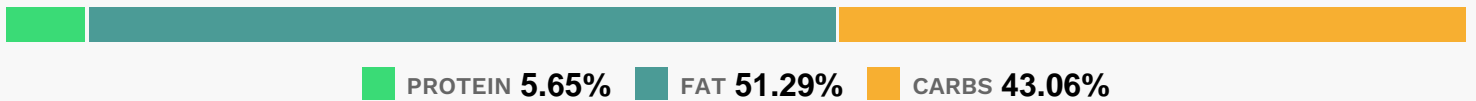
## Equipment

- bowl
- mixing bowl

## Directions

- Watch how to make this recipe.
- Special equipment: 8 mini glass trifle dishes or dessert glasses
- In a medium mixing bowl, beat together the pumpkin puree, cream cheese, brown sugar and pumpkin pie spice. In a separate bowl, beat the heavy cream with the granulated sugar and vanilla to medium peaks. Fold three-quarters of the whipped cream into the pumpkin mixture.
- To assemble: In a small bowl, combine the tea with the orange juice and spiced rum if using. Slice the ladyfingers in half. Dip 2 ladyfingers halves into the tea mixture and place in a single layer on the bottom of a dessert glass. Top with about 1/4 cup of the pumpkin mixture. Repeat with another layer of soaked ladyfingers and another layer of the pumpkin mixture. Top with a dollop of whipped cream. Repeat with the remaining glasses and ingredients.
- Place in the refrigerator until ready to serve. Just before you serve, garnish each tiramisu with 2 ladyfinger halves.

## Nutrition Facts



## Properties

Glycemic Index:20.51, Glycemic Load:5.61, Inflammation Score:-10, Nutrition Score:12.56260869814%

## Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg Theaflavin: 0.47mg,

Theaflavin: 0.47mg, Theaflavin: 0.47mg, Theaflavin: 0.47mg Thearubigins: 23.98mg, Thearubigins: 23.98mg, Thearubigins: 23.98mg, Thearubigins: 23.98mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3,3'-digallate: 0.52mg Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg Gallocatechin: 0.37mg, Gallocatechin: 0.37mg, Gallocatechin: 0.37mg, Gallocatechin: 0.37mg

## Nutrients (% of daily need)

Calories: 513.26kcal (25.66%), Fat: 29.09g (44.75%), Saturated Fat: 17.23g (107.69%), Carbohydrates: 54.94g (18.31%), Net Carbohydrates: 53.11g (19.31%), Sugar: 31.63g (35.15%), Cholesterol: 151.99mg (50.66%), Sodium: 159.17mg (6.92%), Alcohol: 2.05g (100%), Alcohol %: 1.11% (100%), Caffeine: 5.9mg (1.97%), Protein: 7.2g (14.41%), Vitamin A: 8972.92IU (179.46%), Vitamin B2: 0.33mg (19.3%), Manganese: 0.28mg (13.93%), Phosphorus: 134.98mg (13.5%), Vitamin C: 10.16mg (12.32%), Iron: 2.19mg (12.14%), Calcium: 106.01mg (10.6%), Folate: 42.09µg (10.52%), Vitamin K: 10.05µg (9.57%), Vitamin B1: 0.14mg (9.05%), Vitamin B5: 0.9mg (9.02%), Potassium: 291.29mg (8.32%), Vitamin E: 1.19mg (7.94%), Fiber: 1.84g (7.35%), Magnesium: 25.89mg (6.47%), Vitamin B12: 0.38µg (6.35%), Selenium: 4.3µg (6.14%), Copper: 0.12mg (5.85%), Vitamin B6: 0.12mg (5.77%), Vitamin B3: 1.02mg (5.12%), Zinc: 0.74mg (4.92%), Vitamin D: 0.71µg (4.76%)