



Pumpkin Torte I

READY IN



540 min.

SERVINGS



10

CALORIES



377 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 8 ounce cream cheese softened
- ☐ 2 egg whites beaten
- ☐ 3 egg yolks
- ☐ 2 eggs beaten
- ☐ 1 tablespoon gelatin powder unflavored
- ☐ 2 cups graham crackers crushed
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 cup milk
- ☐ 2 cups pumpkin puree
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water
- ☐ 0.5 cup sugar white

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, mix the graham crackers and butter. Press into the bottom of a 9x13 inch baking pan.
- ☐ In a medium bowl, mix eggs and brown sugar. Blend in the cream cheese. Spoon the mixture over the layer of graham crackers.
- ☐ Bake in the preheated oven 20 minutes.
- ☐ Remove from oven and allow to cool.
- ☐ In a medium saucepan over medium heat, mix together pumpkin, sugar, cinnamon, salt, egg yolks and milk. Bring to a boil. Stir constantly until slightly thickened, about 1 minute.
- ☐ Remove from heat.
- ☐ Mix the gelatin and water in a small bowl. Stir into the pumpkin mixture. Cool to room temperature.
- ☐ In a small bowl, beat the egg whites and sugar until stiff. Fold into the pumpkin mixture. Spoon in a layer over the cream cheese mixture. Chill in the refrigerator 6 to 8 hours, or overnight.

Nutrition Facts



 **PROTEIN 7.19%**  **FAT 50.55%**  **CARBS 42.26%**

Properties

Glycemic Index:26.41, Glycemic Load:17.24, Inflammation Score:-10, Nutrition Score:11.240869605023%

Nutrients (% of daily need)

Calories: 377.29kcal (18.86%), Fat: 21.65g (33.3%), Saturated Fat: 11.79g (73.67%), Carbohydrates: 40.72g (13.57%), Net Carbohydrates: 38.58g (14.03%), Sugar: 27.96g (31.07%), Cholesterol: 139.83mg (46.61%), Sodium: 416.09mg (18.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.86%), Vitamin A: 8359.84IU (167.2%), Vitamin B2: 0.24mg (14.19%), Selenium: 9.89µg (14.13%), Phosphorus: 133.05mg (13.3%), Iron: 1.87mg (10.37%), Calcium: 90.87mg (9.09%), Vitamin K: 9.27µg (8.83%), Fiber: 2.14g (8.56%), Vitamin E: 1.22mg (8.13%), Folate: 29.13µg (7.28%), Magnesium: 28.93mg (7.23%), Vitamin B5: 0.71mg (7.07%), Potassium: 227.4mg (6.5%), Manganese: 0.13mg (6.27%), Zinc: 0.86mg (5.7%), Vitamin B12: 0.32µg (5.4%), Vitamin B1: 0.08mg (5.26%), Vitamin B6: 0.1mg (5.25%), Copper: 0.1mg (4.83%), Vitamin B3: 0.93mg (4.64%), Vitamin D: 0.6µg (4.01%), Vitamin C: 2.07mg (2.5%)