



Spiced Pumpkin Pie with Hazelnut Praline

READY IN



45 min.

SERVINGS



8

CALORIES



554 kcal

DESSERT

Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 1 teaspoon apple cider vinegar
- ☐ 15 ounce pumpkin pure canned
- ☐ 1.5 teaspoons cornstarch
- ☐ 0.1 teaspoon cream of tartar
- ☐ 2 large eggs
- ☐ 0.5 cup brown sugar packed ()
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 5.5 ounces hazelnuts husked toasted coarsely chopped
- ☐ 0.8 cup heavy whipping cream
- ☐ 2 tablespoons ice water ()
- ☐ 2 tablespoons powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup solid vegetable shortening frozen cut into 1/2-inch cubes,
- ☐ 2 teaspoons sugar
- ☐ 3 tablespoons butter unsalted chilled cut into 1/2-inch cubes
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 0.7 cup whipping cream chilled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula
- ☐ pastry bag
- ☐ pastry brush
- ☐ pie form

Directions

- ☐ Line rimmed baking sheet with foil.

- ☐ Mix 1/3 cup water and cream of tartar in small saucepan.
- ☐ Add sugar; stir over low heat until sugar dissolves. Increase heat; boil without stirring until golden, occasionally brushing down sides of pan with wet pastry brush and swirling pan, about 11 minutes.
- ☐ Add nuts; swirl to combine.
- ☐ Pour praline onto baking sheet, spreading with metal spatula. Cool.
- ☐ Break praline into chunks; grind half finely in processor. Reserve powder for filling and remaining chunks for garnish. (Can be made 5 days ahead. Store in airtight container at room temperature.)
- ☐ Blend flour, sugar, and salt in processor.
- ☐ Add shortening and butter; cut in using on/off turns until mixture resembles coarse meal.
- ☐ Transfer to medium bowl.
- ☐ Mix 2 tablespoons ice water and vinegar in small bowl and add to flour mixture. Stir until moist clumps form, adding more ice water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap in plastic; chill 45 minutes.
- ☐ Roll out dough on floured surface to 14-inch round.
- ☐ Transfer to 9-inch glass pie dish. Trim overhang to 3/4 inch. Turn edges under; crimp. Freeze 45 minutes.
- ☐ Preheat oven to 400°F.
- ☐ Bake crust until edges begin to brown, pressing with back of fork if crust bubbles, about 12 minutes.
- ☐ Remove crust from oven. Reduce oven temperature to 350°F.
- ☐ Whisk praline powder, pumpkin, and next 10 ingredients in medium bowl to blend.
- ☐ Pour filling into warm crust.
- ☐ Bake until filling is puffed around edges and just set in center, about 45 minutes.
- ☐ Transfer pie to rack; cool. (Can be made 1 day ahead. Cover loosely and chill.)
- ☐ Beat cream and sugar in bowl until peaks form.
- ☐ Transfer cream to pastry bag fitted with large star tip. Pipe rosettes around top edge of pie.
- ☐ Garnish with praline chunks.

Nutrition Facts



 **PROTEIN 5.88%**  **FAT 65.37%**  **CARBS 28.75%**

Properties

Glycemic Index:34.39, Glycemic Load:11.7, Inflammation Score:-10, Nutrition Score:19.590869592584%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 553.7kcal (27.69%), Fat: 41.44g (63.75%), Saturated Fat: 15.92g (99.48%), Carbohydrates: 41g (13.67%), Net Carbohydrates: 36.85g (13.4%), Sugar: 20.29g (22.54%), Cholesterol: 105.41mg (35.14%), Sodium: 110.7mg (4.81%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 8.39g (16.78%), Vitamin A: 9095.65IU (181.91%), Manganese: 1.56mg (77.81%), Vitamin E: 4.67mg (31.16%), Copper: 0.45mg (22.32%), Vitamin B1: 0.31mg (20.48%), Selenium: 12.73µg (18.19%), Folate: 72.1µg (18.02%), Vitamin K: 17.8µg (16.95%), Vitamin B2: 0.29mg (16.86%), Iron: 2.99mg (16.61%), Fiber: 4.15g (16.59%), Phosphorus: 147.91mg (14.79%), Magnesium: 54.99mg (13.75%), Potassium: 352mg (10.06%), Vitamin B6: 0.19mg (9.58%), Calcium: 90.27mg (9.03%), Vitamin B3: 1.77mg (8.85%), Vitamin B5: 0.86mg (8.6%), Vitamin D: 1µg (6.69%), Zinc: 0.99mg (6.6%), Vitamin C: 3.73mg (4.52%), Vitamin B12: 0.19µg (3.13%)