



Super-Simple Pumpkin Tiramisu

READY IN



45 min.

SERVINGS



8

CALORIES



495 kcal

DESSERT

Ingredients

- ☐ 2 ounces amaretti cookies crushed
- ☐ 15 ounce pumpkin puree pure canned
- ☐ 6 ounce ladyfingers halved
- ☐ 8 ounce mascarpone cheese
- ☐ 0.8 teaspoon pumpkin pie spice (or)
- ☐ 0.3 cup rum
- ☐ 0.8 cup sugar
- ☐ 1.5 cups whipping cream chilled

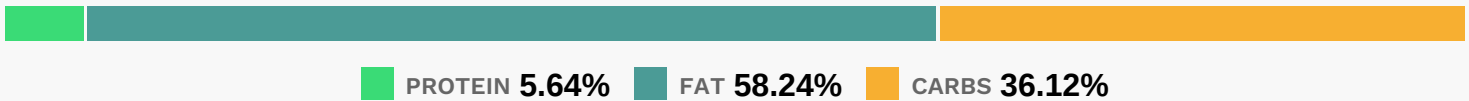
Equipment

- ☐ frying pan
- ☐ knife
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Beat whipping cream and sugar until peaks form.
- ☐ Add mascarpone cheese, pumpkin, and pumpkin pie spice; beat just until filling is smooth.
- ☐ Line bottom of 9-inch-diameter springform pan with 2 3/4-inch-high sides with 1 package ladyfingers, overlapping and crowding to fit.
- ☐ Sprinkle with 2 tablespoons rum.
- ☐ Spread half of filling over ladyfingers.
- ☐ Repeat with second package ladyfingers, remaining 2 tablespoons rum, and remaining filling. Smooth. Wrap tightly in plastic, then foil. Chill overnight.
- ☐ To unmold, run knife around inside edge of pan. Release pan sides; sprinkle with amaretti cookies.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:13.09, Inflammation Score:-10, Nutrition Score:9.858695672906%

Nutrients (% of daily need)

Calories: 494.9kcal (24.74%), Fat: 31.41g (48.32%), Saturated Fat: 19.08g (119.23%), Carbohydrates: 43.83g (14.61%), Net Carbohydrates: 41.8g (15.2%), Sugar: 26.99g (29.99%), Cholesterol: 125.77mg (41.92%), Sodium: 81.76mg (3.55%), Alcohol: 2.51g (100%), Alcohol %: 1.75% (100%), Protein: 6.84g (13.69%), Vitamin A: 9444.16IU (188.88%), Vitamin B2: 0.21mg (12.22%), Vitamin K: 9.99µg (9.51%), Calcium: 94.42mg (9.44%), Iron: 1.68mg (9.35%), Phosphorus: 81.79mg (8.18%), Manganese: 0.16mg (8.12%), Fiber: 2.03g (8.12%), Vitamin E: 0.98mg (6.52%), Folate: 24.58µg (6.15%), Vitamin B5: 0.56mg (5.64%), Vitamin B1: 0.08mg (5.52%), Potassium: 177.69mg (5.08%), Vitamin

D: 0.71µg (4.76%), Magnesium: 18.16mg (4.54%), Copper: 0.09mg (4.29%), Vitamin B12: 0.23µg (3.85%), Vitamin B6: 0.07mg (3.61%), Vitamin B3: 0.68mg (3.38%), Vitamin C: 2.54mg (3.08%), Zinc: 0.45mg (2.99%), Selenium: 1.68µg (2.4%)