



## Throwdown Pumpkin Pie

READY IN



150 min.

SERVINGS



8

CALORIES



564 kcal

DESSERT

### Ingredients

- 1 tablespoons bourbon (to your taste)
- 6 tablespoons butter melted
- 0.3 brown sugar dark
- 2 egg yolks
- 1.5 cups ground graham cracker crumbs finely
- 0.3 cup granulated sugar
- 0.3 teaspoon ground cinnamon
- 1.3 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves

- 1 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg
- 1.3 cups heavy cream very cold
- 1.5 cups heavy cream
- 2 tablespoons grade b maple syrup
- 1.5 cups pumpkin puree
- 0.5 teaspoon salt fine
- 3 tablespoons butter unsalted melted
- 0.5 vanilla pod split
- 8 servings bourbon-maple whipped cream
- 2 eggs whole

## Equipment

- food processor
- bowl
- frying pan
- oven
- whisk
- pie form

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Add all the ingredients for the crust to a food processor and pulse until combined; it should feel like wet sand, and just come together.
- Spread the mixture evenly into a 9-inch pie pan, using your finger tips or the flat bottom of a glass. Firmly press the mixture over the bottom and sides of the pan.
- Put the pan on the middle rack of the oven and bake until the crust is light brown and firm to the touch, about 10 to 15 minutes.

- Remove from the oven and let cool.
- Preheat the oven to 275 degrees F.
- Whisk together the eggs, yolks and sugars in a large bowl.
- Add the butter, pumpkin, cream, spices, salt and vanilla seeds and whisk to combine. Strain the mixture into a bowl.
- Pour the strained mixture into the baked pie crust and bake until almost set, about 1 1/2 hours.
- Remove and let come to room temperature. Refrigerate until chilled, if preferred.
- Cook's Note: The filling makes more than what is needed to fill the pie shell. You are able to freeze the excess. We made a double batch and it filled 3 pie shells very comfortably.
- Combine the cream, vanilla seeds, syrup and bourbon in a large chilled bowl and whip until soft peaks form.
- Garnish each piece of pie with a dollop of the whipped cream before serving.

## Nutrition Facts



■ **PROTEIN 4.48%**
■ **FAT 75.03%**
■ **CARBS 20.49%**

### Properties

Glycemic Index:47.57, Glycemic Load:14.52, Inflammation Score:-10, Nutrition Score:12.921739142874%

### Nutrients (% of daily need)

Calories: 564.47kcal (28.22%), Fat: 47.72g (73.41%), Saturated Fat: 28.87g (180.44%), Carbohydrates: 29.33g (9.78%), Net Carbohydrates: 27.18g (9.88%), Sugar: 17.4g (19.33%), Cholesterol: 220.39mg (73.46%), Sodium: 360.71mg (15.68%), Alcohol: 0.63g (100%), Alcohol %: 0.41% (100%), Protein: 6.41g (12.81%), Vitamin A: 8912.29IU (178.25%), Vitamin B2: 0.37mg (21.49%), Manganese: 0.38mg (19.05%), Phosphorus: 144.86mg (14.49%), Selenium: 8.97µg (12.82%), Vitamin E: 1.89mg (12.59%), Vitamin D: 1.87µg (12.5%), Calcium: 110.48mg (11.05%), Vitamin K: 11.46µg (10.91%), Iron: 1.79mg (9.97%), Fiber: 2.15g (8.6%), Magnesium: 30.31mg (7.58%), Vitamin B5: 0.73mg (7.34%), Folate: 28.59µg (7.15%), Potassium: 250.39mg (7.15%), Zinc: 0.92mg (6.12%), Vitamin B12: 0.36µg (6.01%), Vitamin B1: 0.08mg (5.52%), Vitamin B6: 0.11mg (5.51%), Vitamin B3: 0.87mg (4.36%), Copper: 0.08mg (4.03%), Vitamin C: 2.44mg (2.96%)