



## Vanilla-Bourbon Pumpkin Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

DESSERT

### Ingredients

- 2 tablespoons bourbon
- 1 tablespoon butter melted
- 2 large eggs
- 0.8 cup graham cracker crumbs ( 5 cookie sheets)
- 0.5 cup granulated sugar
- 1 teaspoon granulated sugar
- 0.1 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon

- 0.3 teaspoon ground nutmeg
- 0.3 cup heavy cream cold
- 0.3 cup brown sugar light packed
- 1 tablespoon pecans finely chopped
- 2 teaspoons powdered sugar
- 15 ounce pumpkin unsweetened canned
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract

## Equipment

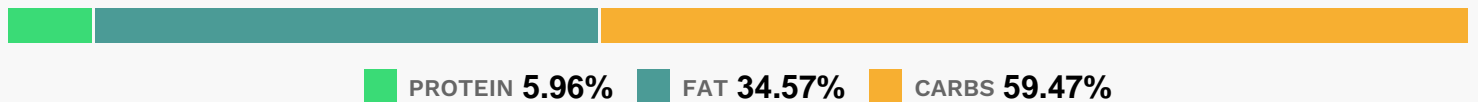
- bowl
- frying pan
- oven
- wire rack
- blender
- roasting pan
- springform pan

## Directions

- Preheat oven to 350
- To prepare crust, combine first 3 ingredients in a bowl.
- Drizzle butter over crumb mixture; stir with a fork. Firmly press into bottom and 1 inch up sides of a 9-inch springform pan coated with cooking spray.
- Bake at 350 for 8 minutes or until lightly browned; cool on a wire rack.
- To prepare filling, beat cream cheese, 1/2 cup granulated sugar, and brown sugar in a large bowl with a mixer at medium speed until smooth.
- Add pumpkin and eggs; beat until combined, scraping sides of bowl as needed.
- Add bourbon and the next 5 ingredients (through ground allspice); beat 1 minute or until combined.

- Pour cheese mixture into prepared pan.
- Place pan in a large roasting pan; add hot water to pan to a depth of 1 inch.
- Bake at 350 for 35 minutes or until center barely moves when side of pan is tapped. Cool completely on wire rack. Cover and refrigerate at least 4 hours or overnight.
- Place cream and powdered sugar in a small bowl; beat with a mixer at high speed until stiff peaks form.
- Serve sweetened whipped cream with tart.

## Nutrition Facts



### Properties

Glycemic Index:47.4, Glycemic Load:13.34, Inflammation Score:-10, Nutrition Score:9.0347826688186%

### Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg

### Nutrients (% of daily need)

Calories: 214.62kcal (10.73%), Fat: 8.09g (12.45%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 29.3g (10.66%), Sugar: 24.23g (26.92%), Cholesterol: 61.47mg (20.49%), Sodium: 233.82mg (10.17%), Alcohol: 1.6g (100%), Alcohol %: 1.8% (100%), Protein: 3.14g (6.28%), Vitamin A: 8530.88IU (170.62%), Vitamin K: 9.06µg (8.63%), Manganese: 0.17mg (8.6%), Fiber: 2.02g (8.06%), Iron: 1.4mg (7.77%), Vitamin B2: 0.13mg (7.61%), Phosphorus: 69.63mg (6.96%), Selenium: 4.58µg (6.55%), Vitamin E: 0.85mg (5.65%), Magnesium: 21.59mg (5.4%), Potassium: 167.74mg (4.79%), Copper: 0.09mg (4.57%), Vitamin B5: 0.45mg (4.52%), Calcium: 42.5mg (4.25%), Folate: 16.74µg (4.18%), Vitamin B6: 0.07mg (3.43%), Zinc: 0.5mg (3.31%), Vitamin B1: 0.05mg (3.11%), Vitamin C: 2.32mg (2.82%), Vitamin D: 0.41µg (2.72%), Vitamin B3: 0.54mg (2.7%), Vitamin B12: 0.13µg (2.17%)