



Biscoff Pumpkin Pie Squares

READY IN



45 min.

SERVINGS



16

CALORIES



118 kcal

DESSERT

Ingredients

- ☐ 0.3 cup biscoff spread
- ☐ 0.3 cup brown sugar packed
- ☐ 1 cup pumpkin canned
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 0.8 cup evaporated milk
- ☐ 2.3 oz flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup old fashioned quick

- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 1 pinch salt
- ☐ 4 tablespoons butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract

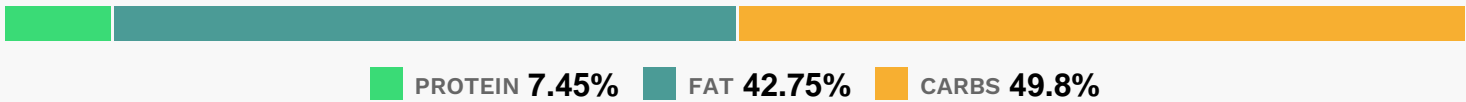
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350° F. Line an 8 inch square metal pan with non-stick foil.
- ☐ Combine the flour, oats, brown sugar and salt in a large bowl and mix well.
- ☐ Add the softened butter and stir until incorporated. Press in bottom of lined pan and bake for 12 minutes.
- ☐ Let cool.In a mixing bowl (I used the same one I used for the crust, but wiped away crumbs), mix beat the granulated sugar, Biscoff spread, pumpkin, evaporated milk, egg, cinnamon and vanilla with a hand-held mixer until creamy.
- ☐ Pour over the baked crust and bake for about 30 minutes or until top appears set.
- ☐ Let cool completely, then chill thoroughly before serving.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:4.68, Inflammation Score:-9, Nutrition Score:4.6908695697784%

Nutrients (% of daily need)

Calories: 118.03kcal (5.9%), Fat: 5.69g (8.76%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 14.19g (5.16%), Sugar: 9.44g (10.48%), Cholesterol: 22.58mg (7.53%), Sodium: 21.73mg (0.94%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 2.23g (4.46%), Vitamin A: 2516IU (50.32%), Manganese: 0.12mg (6.06%), Vitamin B2: 0.08mg (4.91%), Phosphorus: 46.12mg (4.61%), Selenium: 3.11µg (4.45%), Calcium: 42.61mg (4.26%), Vitamin B1: 0.05mg (3.19%), Iron: 0.57mg (3.18%), Folate: 12.11µg (3.03%), Fiber: 0.72g (2.89%), Vitamin K: 2.85µg (2.71%), Potassium: 86.84mg (2.48%), Magnesium: 9.87mg (2.47%), Vitamin B5: 0.22mg (2.25%), Vitamin E: 0.31mg (2.04%), Copper: 0.03mg (1.71%), Vitamin B3: 0.34mg (1.7%), Zinc: 0.24mg (1.59%), Vitamin B6: 0.02mg (1.24%), Vitamin C: 0.88mg (1.07%)