



Easy Baked Pumpkin Pudding

 Vegetarian

READY IN



40 min.

SERVINGS



10

CALORIES



173 kcal

DESSERT

Ingredients

- 1 pinch baking soda
- 0.3 cup butter melted
- 2 eggs beaten
- 1 cup evaporated milk
- 0.5 cup flour all-purpose
- 2 tablespoons ground cinnamon
- 2 cups pumpkin puree
- 0.5 teaspoon salt

- 1 tablespoon vanilla extract
- 0.5 cup sugar white

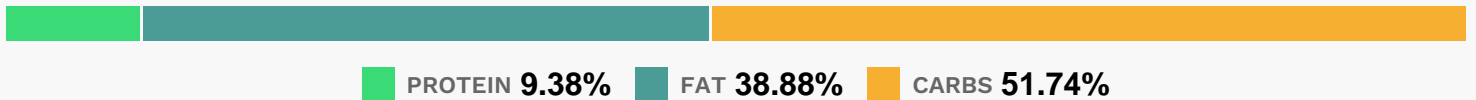
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Preheat an oven to 450 degrees F (230 degrees C).
- Pour melted butter into a 2-quart baking dish.
- Whisk pumpkin, 1 cup sugar, evaporated milk, flour, eggs, vanilla extract, salt, and baking soda in a large bowl; pour into the prepared baking dish.
- Combine remaining 1/2 cup sugar and cinnamon in a small bowl; sprinkle over pumpkin mixture.
- Bake in the preheated oven until center is set, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:10.46, Inflammation Score:-10, Nutrition Score:10.319565218428%

Nutrients (% of daily need)

Calories: 172.9kcal (8.64%), Fat: 7.6g (11.69%), Saturated Fat: 4.44g (27.73%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 20.3g (7.38%), Sugar: 14.38g (15.98%), Cholesterol: 52.25mg (17.42%), Sodium: 222.28mg (9.66%), Alcohol: 0.45g (100%), Alcohol %: 0.52% (100%), Protein: 4.12g (8.24%), Vitamin A: 7880.16IU (157.6%), Manganese: 0.4mg (20.14%), Vitamin B2: 0.18mg (10.76%), Calcium: 102.09mg (10.21%), Fiber: 2.44g (9.76%), Phosphorus: 94.94mg (9.49%), Vitamin K: 8.93µg (8.51%), Selenium: 5.76µg (8.23%), Iron: 1.31mg (7.3%), Folate: 23.74µg (5.93%), Potassium: 206.53mg (5.9%), Vitamin E: 0.82mg (5.5%), Vitamin B5: 0.53mg (5.31%), Magnesium: 20.98mg (5.25%), Vitamin B1: 0.08mg (5.13%), Copper: 0.08mg (3.95%), Vitamin B3: 0.63mg (3.17%), Vitamin C: 2.6mg (3.15%), Zinc: 0.47mg (3.14%), Vitamin B6: 0.06mg (3.04%), Vitamin B12: 0.13µg (2.14%), Vitamin D: 0.2µg (1.34%)