

Easy Pumpkin Pie Bars

READY IN



105 min.

SERVINGS



12

CALORIES



422 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 29 ounce pumpkin puree canned
- 4 large eggs
- 24 ounce evaporated milk canned
- 2 teaspoons ground cinnamon
- 0.5 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 1.5 cups sugar white

15.3 ounce duncan hines classic decadent cake mix yellow divided

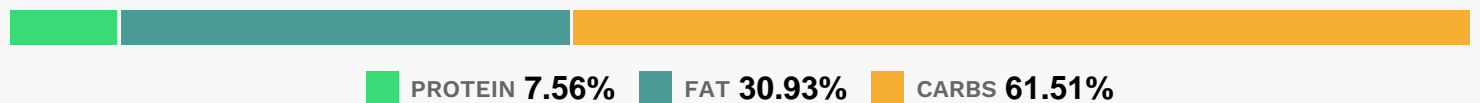
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Beat eggs in a large bowl.
- Whisk sugar, cinnamon, salt, ginger, and cloves together in a separate bowl. Stir sugar mixture and pumpkin into eggs until completely incorporated.
- Gradually stir evaporated milk into pumpkin mixture.
- Add 1 cup yellow cake mix to the pumpkin mixture and stir to remove any lumps.
- Pour mixture into a 9x13-inch baking dish.
- Sprinkle remaining yellow cake mix over the top and drizzle butter over the cake mix.
- Bake in the preheated oven until set, about 1 hour. Cool to room temperature and cut into bars. Top with whipped topping.

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:17.46, Inflammation Score:-10, Nutrition Score:14.712173855823%

Nutrients (% of daily need)

Calories: 421.93kcal (21.1%), Fat: 14.84g (22.83%), Saturated Fat: 8.68g (54.24%), Carbohydrates: 66.39g (22.13%), Net Carbohydrates: 63.75g (23.18%), Sugar: 48.58g (53.98%), Cholesterol: 98.78mg (32.93%), Sodium: 604.64mg (26.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.32%), Vitamin A: 11125.46IU (222.51%), Phosphorus: 286.61mg (28.66%), Calcium: 257.85mg (25.78%), Vitamin B2: 0.38mg (22.6%), Manganese: 0.34mg (17.21%), Vitamin K: 13.28µg (12.65%), Iron: 2.19mg (12.15%), Selenium: 8.13µg (11.61%), Folate: 45.44µg (11.36%), Fiber:

2.65g (10.59%), Vitamin E: 1.56mg (10.39%), Vitamin B5: 1.04mg (10.35%), Potassium: 360.16mg (10.29%), Magnesium: 35.93mg (8.98%), Vitamin B1: 0.13mg (8.92%), Vitamin B6: 0.13mg (6.25%), Copper: 0.12mg (6.22%), Vitamin B3: 1.23mg (6.17%), Zinc: 0.89mg (5.94%), Vitamin B12: 0.29µg (4.85%), Vitamin C: 3.97mg (4.81%), Vitamin D: 0.39µg (2.6%)