



Gingered Pumpkin Crumble

READY IN



100 min.

SERVINGS



15

CALORIES



369 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 2 tablespoons candied ginger chopped
- ☐ 2 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon nutmeg
- ☐ 14 oz condensed milk sweetened canned

- ☐ 0.8 cup walnut pieces chopped
- ☐ 15 servings whipped cream
- ☐ 18.3 oz cake mix white yellow with pudding in the mix

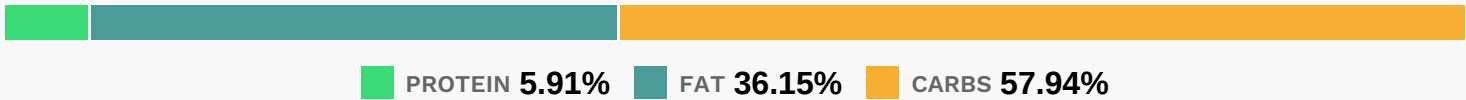
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350F. Spray 13x9-inch pan with cooking spray. In large bowl, with electric mixer on medium speed, beat all filling ingredients until smooth.
- ☐ Pour into pan.
- ☐ In medium bowl, mix crystallized ginger, cake mix, walnuts and butter until well blended.
- ☐ Sprinkle evenly over filling.
- ☐ Bake 40 to 50 minutes or until top is golden brown. Cool at least 30 minutes before serving.
- ☐ To serve, cut into squares; place on individual dessert plates. Top each serving with whipped cream. If desired, sprinkle with additional chopped crystallized ginger. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:17.4, Glycemic Load:9.29, Inflammation Score:-9, Nutrition Score:10.479565148768%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 368.94kcal (18.45%), Fat: 15.17g (23.34%), Saturated Fat: 7.31g (45.69%), Carbohydrates: 54.71g (18.24%), Net Carbohydrates: 51.45g (18.71%), Sugar: 32.57g (36.19%), Cholesterol: 51.65mg (17.22%), Sodium: 401.95mg

(17.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Vitamin A: 2686.61IU (53.73%), Phosphorus: 226.04mg (22.6%), Manganese: 0.43mg (21.55%), Calcium: 178.17mg (17.82%), Vitamin B2: 0.27mg (15.62%), Fiber: 3.25g (13.01%), Folate: 45.27µg (11.32%), Selenium: 7.57µg (10.82%), Vitamin B1: 0.13mg (8.88%), Vitamin B5: 0.8mg (7.99%), Iron: 1.38mg (7.69%), Copper: 0.15mg (7.41%), Magnesium: 26.11mg (6.53%), Vitamin B6: 0.13mg (6.53%), Potassium: 201.85mg (5.77%), Vitamin B3: 1.05mg (5.24%), Zinc: 0.71mg (4.74%), Vitamin E: 0.68mg (4.53%), Vitamin B12: 0.23µg (3.89%), Vitamin C: 1.76mg (2.14%), Vitamin K: 2.02µg (1.92%), Vitamin D: 0.19µg (1.3%)