



Gluten-Free Easy Pumpkin Dessert Squares

READY IN



65 min.

SERVINGS



12

CALORIES



204 kcal

DESSERT

Ingredients

- 0.5 cup butter cold cut into 1/4-inch cubes
- 1 cup pecans chopped
- 30 oz pumpkin pie filling/mix plain canned (not pumpkin)
- 1 box betty crocker's cake mix gluten free yellow

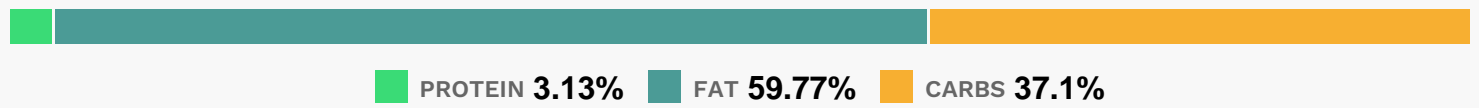
Equipment

- frying pan
- oven
- knife

Directions

- Heat oven to 350F. Spray 13x9-inch pan with cooking spray.
- Spread pumpkin pie mix in pan.
- Sprinkle dry cake mix over pumpkin.
- Sprinkle butter and pecans over cake mix.
- Swirl knife through mixture. Turn pan one-fourth turn and repeat.
- Bake 50 to 60 minutes or until lightly browned and top is set.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:10.486956620994%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 204.29kcal (10.21%), Fat: 14.3g (22%), Saturated Fat: 5.47g (34.18%), Carbohydrates: 19.97g (6.66%), Net Carbohydrates: 13.22g (4.81%), Sugar: 0.37g (0.41%), Cholesterol: 20.34mg (6.78%), Sodium: 208.23mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.37%), Vitamin A: 6122.56IU (122.45%), Manganese: 0.69mg (34.65%), Fiber: 6.75g (27.02%), Vitamin B5: 0.89mg (8.95%), Copper: 0.16mg (7.86%), Folate: 27.09µg (6.77%), Vitamin B6: 0.13mg (6.6%), Phosphorus: 59.32mg (5.93%), Vitamin B2: 0.1mg (5.8%), Magnesium: 22.52mg (5.63%), Iron: 0.98mg (5.46%), Vitamin B1: 0.07mg (4.78%), Zinc: 0.61mg (4.08%), Potassium: 137.32mg (3.92%), Calcium: 34.85mg (3.49%), Vitamin C: 2.58mg (3.13%), Vitamin E: 0.35mg (2.31%), Vitamin B3: 0.38mg (1.88%), Selenium: 1.22µg (1.74%)