



 **97%**
HEALTH SCORE

Honey-Pumpkin Dessert Squares

 Very Healthy

READY IN



135 min.

SERVINGS



15

CALORIES



689 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 1 cup oats
- 0.5 cup butter softened
- 0.3 cup brown sugar packed
- 30 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- 4 eggs
- 1 cup honey
- 0.8 cup brown sugar packed

- 2 teaspoons pumpkin pie spice
- 1 teaspoon vanilla
- 0.5 teaspoon salt
- 0.5 cup whipping cream
- 1 tablespoon powdered sugar
- 15 pumpkin
- 1 cup frangelico

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- hand mixer

Directions

- Heat oven to 350°F. In medium bowl, mix all crust ingredients with fork until crumbly. Press in bottom of ungreased 13x9-inch pan.
- Bake 10 minutes.
- Meanwhile, in large bowl, beat all filling ingredients with wire whisk or electric mixer on medium speed until blended.
- Pour over partially baked crust.
- Bake 55 to 60 minutes or until set and knife inserted in center comes out clean. Cool completely, about 40 minutes.
- In chilled small bowl, beat whipping cream and powdered sugar with electric mixer on high speed until soft peaks form.
- Cut dessert into squares.
- Serve with whipped cream.
- Garnish each serving with candy pumpkin.

Nutrition Facts

PROTEIN 9.2% FAT 14.04% CARBS 76.76%

Properties

Glycemic Index:17.62, Glycemic Load:75.13, Inflammation Score:-10, Nutrition Score:56.233913639317%

Flavonoids

Luteolin: 22.17mg, Luteolin: 22.17mg, Luteolin: 22.17mg, Luteolin: 22.17mg

Nutrients (% of daily need)

Calories: 689.3kcal (34.47%), Fat: 11.99g (18.45%), Saturated Fat: 4.29g (26.81%), Carbohydrates: 147.55g (49.18%), Net Carbohydrates: 135.22g (49.17%), Sugar: 71.27g (79.19%), Cholesterol: 52.61mg (17.54%), Sodium: 304.72mg (13.25%), Alcohol: 0.09g (100%), Alcohol %: 0.01% (100%), Protein: 17.69g (35.38%), Vitamin A: 120933.02IU (2418.66%), Vitamin C: 124.62mg (151.06%), Potassium: 4790.87mg (136.88%), Manganese: 2.29mg (114.53%), Vitamin B2: 1.69mg (99.48%), Vitamin E: 14.89mg (99.3%), Copper: 1.82mg (91.18%), Iron: 12.58mg (69.91%), Phosphorus: 689.07mg (68.91%), Folate: 260.99µg (65.25%), Vitamin B1: 0.79mg (52.74%), Vitamin B5: 5.01mg (50.14%), Fiber: 12.32g (49.3%), Magnesium: 193.06mg (48.26%), Vitamin B6: 0.96mg (48.24%), Vitamin B3: 8.97mg (44.87%), Calcium: 339.88mg (33.99%), Zinc: 4.97mg (33.12%), Selenium: 13.59µg (19.42%), Vitamin K: 15.52µg (14.78%), Vitamin D: 0.36µg (2.41%), Vitamin B12: 0.12µg (2.08%)