



## Honey-Pumpkin Dessert Squares

 Very Healthy

READY IN



135 min.

SERVINGS



15

CALORIES



710 kcal

DESSERT

### Ingredients

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

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

## Equipment

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

## Directions

- Heat oven to 350F. 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 9.21% FAT 15.77% CARBS 75.02%

## Properties

Glycemic Index:17.62, Glycemic Load:75.13, Inflammation Score:-10, Nutrition Score:56.57434786921%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 710.44kcal (35.52%), Fat: 13.85g (21.3%), Saturated Fat: 5.42g (33.9%), Carbohydrates: 148.24g (49.41%), Net Carbohydrates: 135.92g (49.42%), Sugar: 71.93g (79.93%), Cholesterol: 58.26mg (19.42%), Sodium: 314.56mg (13.68%), Alcohol: 0.09g (100%), Alcohol %: 0.01% (100%), Protein: 18.2g (36.39%), Vitamin A: 120990.13IU (2419.8%), Vitamin C: 124.77mg (151.23%), Potassium: 4812.16mg (137.49%), Manganese: 2.29mg (114.54%), Vitamin B2: 1.72mg (101.32%), Vitamin E: 14.94mg (99.57%), Copper: 1.83mg (91.26%), Phosphorus: 704.39mg (70.44%), Iron: 12.59mg (69.96%), Folate: 261.48µg (65.37%), Vitamin B1: 0.8mg (53.06%), Vitamin B5: 5.06mg (50.6%), Fiber: 12.32g (49.3%), Magnesium: 194.67mg (48.67%), Vitamin B6: 0.97mg (48.64%), Vitamin B3: 8.99mg (44.96%), Calcium: 357.14mg (35.71%), Zinc: 5.03mg (33.54%), Selenium: 14.11µg (20.15%), Vitamin K: 15.73µg (14.98%), Vitamin B12: 0.16µg (2.59%), Vitamin D: 0.36µg (2.41%)