



# Layered Pumpkin Dessert Bars

 Very Healthy

READY IN



300 min.

SERVINGS



1

CALORIES



5137 kcal

DESSERT

## Ingredients

- 0.3 cup butter melted
- 1.5 cups pumpkin canned
- 16 oz philadelphia cream cheese softened
- 2 eggs
- 1.3 cups gingersnaps crushed finely
- 0.5 tsp ground cinnamon
- 0.3 tsp ground nutmeg
- 6.8 oz jell-o vanilla flavor pudding instant

- 2 cups milk cold
- 0.5 cup planters pecans toasted chopped
- 0.5 cup sugar
- 8 oz cool whip whipped topping divided thawed

## Equipment

- bowl
- frying pan
- oven
- whisk
- blender

## Directions

- Heat oven to 350F.
- Mix cookie crumbs and butter; press onto bottom of 13x9-inch pan.
- Bake 10 min. Beat cream cheese and sugar with mixer until blended.
- Add pumpkin and spices; mix well.
- Add eggs, 1 at a time, beating on low speed after each just until blended; pour over crust.
- Bake 30 min. or until center is almost set. Cool 1 hour.
- Beat pudding mixes and milk in medium bowl with whisk 2 min. Stir in 1 cup COOL WHIP.
- Spread over dessert; cover with remaining COOL WHIP.
- Refrigerate 3 hours or until firm.
- Sprinkle with nuts before serving.

## Nutrition Facts



## Properties

Glycemic Index:270.09, Glycemic Load:85.59, Inflammation Score:-10, Nutrition Score:76.680434517238%

## Flavonoids

Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg

## Nutrients (% of daily need)

Calories: 5136.63kcal (256.83%), Fat: 308.5g (474.61%), Saturated Fat: 165.86g (1036.64%), Carbohydrates: 535.66g (178.55%), Net Carbohydrates: 514.97g (187.26%), Sugar: 391.42g (434.91%), Cholesterol: 970.6mg (323.53%), Sodium: 4342.8mg (188.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.96g (159.92%), Vitamin A: 66172.67IU (1323.45%), Manganese: 5.47mg (273.72%), Vitamin B2: 3.09mg (181.85%), Phosphorus: 1730.57mg (173.06%), Calcium: 1535.04mg (153.5%), Selenium: 94.73µg (135.32%), Iron: 18.61mg (103.39%), Potassium: 3224.26mg (92.12%), Vitamin E: 13.6mg (90.66%), Magnesium: 346.99mg (86.75%), Copper: 1.68mg (83.84%), Vitamin K: 87.19µg (83.04%), Vitamin B5: 8.29mg (82.92%), Vitamin B12: 4.97µg (82.77%), Fiber: 20.69g (82.74%), Vitamin B1: 1.18mg (78.63%), Folate: 277.26µg (69.31%), Zinc: 9.46mg (63.08%), Vitamin B6: 1.21mg (60.43%), Vitamin D: 7.13µg (47.52%), Vitamin B3: 8.08mg (40.39%), Vitamin C: 16.05mg (19.45%)