



Luscious Lemon-Pumpkin Dessert

READY IN



145 min.

SERVINGS



8

CALORIES



398 kcal

DESSERT

Ingredients

- ☐ 1 package lemon cake mix betty sunkist®
- ☐ 0.3 cup nuts chopped
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 15 ounces pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 5 ounces evaporated milk canned ()
- ☐ 3 eggs
- ☐ 1 cup non-dairy whipped topping frozen thawed ()

Equipment

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ springform pan

Directions

- ☐ Heat oven to 350°.
- ☐ Mix Ready-
- ☐ Mixed Crust (dry) and nuts in ungreased springform pan, 9x3 inches, or ungreased square baking dish, 8x8x2 inches. Press crust evenly in bottom of pan.
- ☐ Bake 15 minutes.
- ☐ Beat Filling
- ☐ Mix, pumpkin pie spice, pumpkin, evaporated milk and eggs with wire whisk until smooth; pour over hot crust.
- ☐ Bake about 45 minutes or until knife inserted in center comes out clean. Cool 15 minutes. Refrigerate uncovered at least 1 hour until cool.
- ☐ Spread or serve with whipped topping. Cover and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:3.71, Glycemic Load:0.29, Inflammation Score:-10, Nutrition Score:15.329130193462%

Nutrients (% of daily need)

Calories: 398.11kcal (19.91%), Fat: 9.12g (14.03%), Saturated Fat: 3.9g (24.38%), Carbohydrates: 73.09g (24.36%), Net Carbohydrates: 67.33g (24.48%), Sugar: 32.05g (35.61%), Cholesterol: 66.71mg (22.24%), Sodium: 630.84mg (27.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.18%), Vitamin A: 4550.77IU (91.02%), Phosphorus: 326.23mg (32.62%), Manganese: 0.5mg (24.9%), Fiber: 5.76g (23.06%), Calcium: 224.07mg (22.41%), Vitamin B2: 0.36mg (21.42%), Folate: 75.06µg (18.77%), Iron: 2.51mg (13.95%), Vitamin B5: 1.28mg (12.78%), Vitamin B1: 0.19mg (12.46%), Selenium: 8.24µg (11.78%), Vitamin B3: 2.04mg (10.19%), Vitamin B6: 0.19mg (9.59%),

Magnesium: 35.7mg (8.92%), Copper: 0.18mg (8.81%), Potassium: 227.13mg (6.49%), Zinc: 0.91mg (6.07%), Vitamin E: 0.85mg (5.65%), Vitamin B12: 0.26µg (4.31%), Vitamin C: 2.28mg (2.76%), Vitamin D: 0.35µg (2.32%), Vitamin K: 2.4µg (2.29%)