



## My Lite 'n Easy Pumpkin Cobbler

READY IN



105 min.

SERVINGS



12

CALORIES



406 kcal

DESSERT

### Ingredients

- 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- 12 oz evaporated milk low-fat canned
- 2 eggs whole
- 2 egg whites
- 3 teaspoons vanilla
- 0.5 teaspoon almond extract
- 0.5 cup sugar
- 0.5 cup vanilla essence
- 3 teaspoons pumpkin pie spice

- 0.3 teaspoon salt
- 1 box cake mix yellow
- 0.7 cup let set min. spread light fat-free melted
- 1 cup pecans chopped

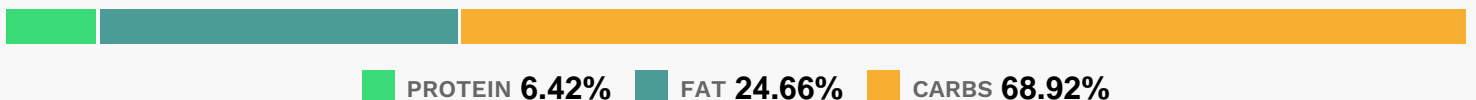
## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray 13x9-inch pan with cooking spray.
- In large bowl, mix all ingredients except cake mix, spread and pecans with whisk; pour into pan. In medium bowl, mix cake mix and spread with fork until blended; spoon tablespoonfuls of batter randomly over mixture in pan.
- Sprinkle with pecans.
- Bake 48 to 55 minutes or until toothpick inserted in center comes out clean. Cool on cooling rack 30 minutes.
- Serve warm with whipped topping or vanilla ice cream, if desired. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:11.26, Glycemic Load:10.5, Inflammation Score:-9, Nutrition Score:12.726087098536%

## 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: 406.23kcal (20.31%), Fat: 10.74g (16.52%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 67.52g (22.51%), Net Carbohydrates: 62.98g (22.9%), Sugar: 37.56g (41.73%), Cholesterol: 35.5mg (11.83%), Sodium: 489.78mg (21.29%), Alcohol: 3.38g (100%), Alcohol %: 2.69% (100%), Protein: 6.29g (12.59%), Vitamin A: 3054.3IU (61.09%), Manganese: 0.74mg (37.24%), Phosphorus: 251.03mg (25.1%), Calcium: 195.92mg (19.59%), Vitamin B2: 0.32mg (18.78%), Fiber: 4.54g (18.16%), Folate: 51.1µg (12.78%), Vitamin B1: 0.19mg (12.36%), Iron: 1.86mg (10.35%), Copper: 0.2mg (9.88%), Vitamin B5: 0.95mg (9.47%), Selenium: 6.28µg (8.97%), Magnesium: 31.56mg (7.89%), Vitamin B6: 0.14mg (7.13%), Potassium: 238.19mg (6.81%), Vitamin B3: 1.36mg (6.8%), Zinc: 0.97mg (6.46%), Vitamin E: 0.67mg (4.47%), Vitamin C: 3.09mg (3.75%), Vitamin B12: 0.16µg (2.64%), Vitamin K: 1.9µg (1.81%), Vitamin D: 0.17µg (1.17%)