



## My Lite 'n Easy Pumpkin Cobbler

READY IN



105 min.

SERVINGS



12

CALORIES



409 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 15 oz pumpkin pie filling/mix   canned (not pumpkin pie mix)
- ☐ 2 egg whites
- ☐ 12 oz evaporated milk   low-fat canned
- ☐ 0.7 cup let set min. spread   light fat-free melted
- ☐ 0.5 cup splenda® no calorie sweetener
- ☐ 1 cup pecans   chopped
- ☐ 3 teaspoons pumpkin pie spice
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 3 teaspoons vanilla
- ☐ 1 box cake mix yellow
- ☐ 2 eggs whole

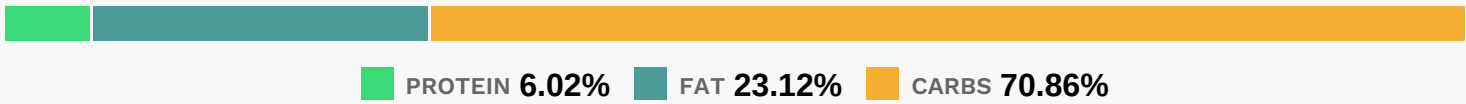
## Equipment

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

## Directions

- ☐ Heat oven to 350F (325F 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:15.42, Glycemic Load:14.3, Inflammation Score:-9, Nutrition Score:12.592608685079%

## 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: 409.27kcal (20.46%), Fat: 10.73g (16.51%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 74.02g (24.67%), Net Carbohydrates: 69.48g (25.27%), Sugar: 43.15g (47.95%), Cholesterol: 35.5mg (11.83%), Sodium: 489mg (21.26%), Alcohol: 0.4g (100%), Alcohol %: 0.32% (100%), Protein: 6.29g (12.58%), Vitamin A: 3054.3IU (61.09%), Manganese: 0.72mg (36.24%), Phosphorus: 250.51mg (25.05%), Calcium: 194.97mg (19.5%), Vitamin B2: 0.31mg (18.3%), Fiber: 4.54g (18.16%), Folate: 51.1µg (12.78%), Vitamin B1: 0.18mg (12.29%), Iron: 1.85mg (10.3%), Copper: 0.19mg (9.57%), Vitamin B5: 0.94mg (9.44%), Selenium: 6.28µg (8.97%), Magnesium: 30.52mg (7.63%), Vitamin B6: 0.14mg (7.01%), Vitamin B3: 1.32mg (6.61%), Potassium: 225.7mg (6.45%), Zinc: 0.96mg (6.4%), 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%)