



## Pecan Pumpkin Dessert

READY IN



75 min.

SERVINGS



16

CALORIES



994 kcal

DESSERT

### Ingredients

- 30 ounces shortening canned
- 12 ounces evaporated milk canned
- 1 cup sugar
- 3 large eggs room temperature
- 1 teaspoon vanilla extract
- 1 package cake mix yellow (regular size)
- 1 cup butter melted
- 1.5 cups pecans chopped
- 8 ounces cream cheese softened

- 1.5 cups powdered sugar
- 1 teaspoon vanilla extract
- 12 ounces non-dairy whipped topping frozen thawed

## Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan

## Directions

- Line the bottom of a greased 13x9-in. baking dish with parchment; grease parchment. Set aside.
- In a large bowl, beat the pumpkin, milk, sugar, eggs and vanilla until well blended.
- Pour into prepared pan.
- Sprinkle with cake mix and drizzle with butter.
- Sprinkle with pecans.
- Bake at 350° for 1 hour or until golden brown. Cool completely in pan on a wire rack. Invert onto a large serving platter; carefully remove parchment.
- In a large bowl, beat the cream cheese, confectioners' sugar and vanilla until smooth. Fold in whipped topping. Frost dessert. Store in the refrigerator.

## Nutrition Facts



**PROTEIN 2.52%** **FAT 73.86%** **CARBS 23.62%**

## Properties

Glycemic Index:9.82, Glycemic Load:8.99, Inflammation Score:-5, Nutrition Score:10.69956526549%

## Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

## **Nutrients (% of daily need)**

Calories: 993.82kcal (49.69%), Fat: 83.12g (127.87%), Saturated Fat: 28.27g (176.7%), Carbohydrates: 59.8g (19.93%), Net Carbohydrates: 58.43g (21.25%), Sugar: 45.66g (50.74%), Cholesterol: 86.29mg (28.76%), Sodium: 424.65mg (18.46%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 6.39g (12.78%), Vitamin K: 31.7µg (30.19%), Vitamin E: 4.39mg (29.26%), Manganese: 0.53mg (26.46%), Phosphorus: 224.54mg (22.45%), Calcium: 169.15mg (16.92%), Vitamin B2: 0.26mg (15.27%), Vitamin A: 667.81IU (13.36%), Vitamin B1: 0.17mg (11.65%), Selenium: 6.74µg (9.63%), Vitamin B5: 0.94mg (9.43%), Folate: 32.67µg (8.17%), Copper: 0.16mg (8.14%), Iron: 1.23mg (6.81%), Zinc: 0.94mg (6.28%), Magnesium: 24.93mg (6.23%), Fiber: 1.37g (5.47%), Potassium: 179.25mg (5.12%), Vitamin B3: 0.96mg (4.79%), Vitamin B6: 0.09mg (4.31%), Vitamin B12: 0.25µg (4.13%), Vitamin D: 0.21µg (1.39%)