



## Pecan Pumpkin Pie Dessert Pizza with Maple Whipped Cream

READY IN



45 min.

SERVINGS



10

CALORIES



402 kcal

DESSERT

### Ingredients

- 2 Tbs brown sugar
- 2 Tbs brown sugar
- 2 tablespoons butter
- 1 cup cup heavy whipping cream
- 2 tsp maple syrup
- 8 ounces pecans shelled
- 1 uncook pizza crust mini
- 0.5 cup pumpkin pie filling/mix canned

0.3 tsp pumpkin pie spice

## Equipment

bowl

frying pan

baking sheet

oven

## Directions

Preheat oven to 425 degrees. Melt 1/2 of the butter and 1 tbsp brown sugar in a small skillet.

Brush onto one side of pizza crust.

Place on a baking sheet and bake for 3 minutes. Meanwhile, add the rest of butter and 1 tbsp brown sugar to the skillet again. Once it is melted add pecans and stir. Cook for 2–3 minutes over medium until pecans are toasted and coated in sugar.

Remove from heat. Take crust out of oven and spread pumpkin pie filling evenly on top.

Sprinkle with pumpkin pie spice.

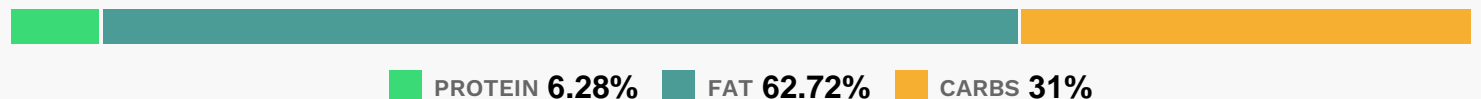
Remove pecans from butter mixture and sprinkle evenly on top of pizza.

Bake for 7 more minutes. For Maple Whipped Cream: Using a cold bowl and beaters (I put mine in the freezer for about 30 minutes before using) beat heavy cream and maple syrup on high until stiff peaks form.

Remove pizza from oven.

Cut into 4 pieces. Top with a dollop or two of whipped cream and serve!

## Nutrition Facts



## Properties

Glycemic Index:9.65, Glycemic Load:0.44, Inflammation Score:-8, Nutrition Score:8.9252173913043%

## Flavonoids

Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg Delphinidin: 1.65mg, Delphinidin: 1.65mg, Delphinidin: 1.65mg, Delphinidin: 1.65mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg

## Taste

Sweetness: 26.52%, Saltiness: 0.91%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 401.91kcal (20.1%), Fat: 29.01g (44.63%), Saturated Fat: 9.23g (57.66%), Carbohydrates: 32.27g (10.76%), Net Carbohydrates: 28.37g (10.32%), Sugar: 7.69g (8.55%), Cholesterol: 32.91mg (10.97%), Sodium: 264mg (11.48%), Protein: 6.53g (13.07%), Manganese: 1.12mg (55.85%), Vitamin A: 1552.87IU (31.06%), Fiber: 3.9g (15.61%), Copper: 0.29mg (14.32%), Vitamin B1: 0.16mg (10.52%), Iron: 1.86mg (10.35%), Phosphorus: 83.62mg (8.36%), Magnesium: 32.11mg (8.03%), Calcium: 79.05mg (7.9%), Zinc: 1.14mg (7.57%), Vitamin B2: 0.11mg (6.41%), Vitamin B5: 0.42mg (4.19%), Potassium: 144.71mg (4.13%), Vitamin E: 0.6mg (4.02%), Vitamin B6: 0.08mg (3.98%), Folate: 10.81µg (2.7%), Selenium: 1.81µg (2.59%), Vitamin D: 0.38µg (2.54%), Vitamin B3: 0.34mg (1.7%), Vitamin K: 1.76µg (1.68%), Vitamin C: 0.87mg (1.06%)