



Praline Pumpkin Dessert

READY IN



105 min.

SERVINGS



12

CALORIES



543 kcal

DESSERT

Ingredients

- 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- 12 oz evaporated milk canned
- 3 eggs
- 1 cup sugar
- 4 teaspoons pumpkin pie spice
- 1 box spice cake mix yellow
- 1.5 cups pecans chopped
- 0.8 cup butter melted
- 1 serving whipped cream

1 serving pumpkin pie spice

Equipment

bowl

frying pan

oven

knife

whisk

Directions

Heat oven to 350°F (325°F for dark or nonstick pan). Grease or spray bottom and sides of 13x9-inch pan. In medium bowl, beat pumpkin, milk, eggs, sugar and 4 teaspoons pumpkin pie spice with wire whisk until smooth.

Pour into pan.

Sprinkle dry cake mix over pumpkin mixture.

Sprinkle with pecans.

Pour melted butter evenly over top.

Bake 50 to 60 minutes or until knife inserted in center comes out clean. Cool 30 minutes.

To serve, cut dessert into 4 rows by 3 rows.

Serve warm or chilled with dollop of whipped cream sprinkled with pumpkin pie spice. Store covered in refrigerator.

Nutrition Facts



PROTEIN 5.04% **FAT 49.41%** **CARBS 45.55%**

Properties

Glycemic Index:11.26, Glycemic Load:11.73, Inflammation Score:-9, Nutrition Score:15.016956604045%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin:

0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg
Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate:
0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 543.3kcal (27.17%), Fat: 30.67g (47.19%), Saturated Fat: 6.49g (40.56%), Carbohydrates: 63.62g (21.21%),
Net Carbohydrates: 58.53g (21.28%), Sugar: 40.24g (44.72%), Cholesterol: 49.52mg (16.51%), Sodium: 536.82mg
(23.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.07%), Vitamin A: 3589.5IU (71.79%),
Manganese: 1.12mg (55.95%), Phosphorus: 234.98mg (23.5%), Fiber: 5.09g (20.37%), Vitamin B2: 0.31mg (18.39%),
Vitamin B1: 0.26mg (17.49%), Iron: 3.15mg (17.49%), Copper: 0.31mg (15.54%), Calcium: 153.34mg (15.33%), Folate:
45.15µg (11.29%), Potassium: 364.76mg (10.42%), Magnesium: 40.83mg (10.21%), Vitamin B5: 0.98mg (9.85%),
Selenium: 6.02µg (8.6%), Zinc: 1.25mg (8.33%), Vitamin B3: 1.47mg (7.37%), Vitamin B6: 0.14mg (7%), Vitamin E:
0.9mg (5.97%), Vitamin K: 3.66µg (3.49%), Vitamin C: 2.22mg (2.69%), Vitamin B12: 0.16µg (2.65%), Vitamin D:
0.25µg (1.67%)