



Praline Pumpkin Dessert

READY IN



105 min.

SERVINGS



12

CALORIES



531 kcal

DESSERT

Ingredients

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

☐ 12 servings whipped cream

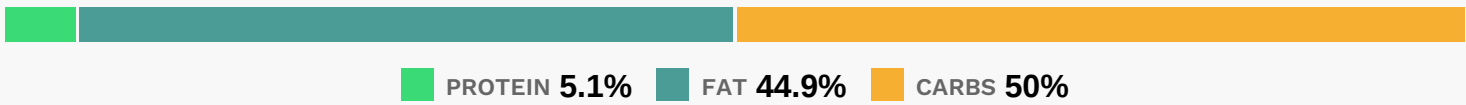
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat oven to 350F (325F 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



Properties

Glycemic Index:11.26, Glycemic Load:12.11, Inflammation Score:-9, Nutrition Score:15.083043321319%

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:

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0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg

Nutrients (% of daily need)

Calories: 530.85kcal (26.54%), Fat: 27.26g (41.94%), Saturated Fat: 6.52g (40.73%), Carbohydrates: 68.31g (22.77%), Net Carbohydrates: 63.29g (23.02%), Sugar: 39.32g (43.69%), Cholesterol: 53.7mg (17.9%), Sodium: 568.33mg (24.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.92%), Vitamin A: 3628.28IU (72.57%), Manganese: 1.11mg (55.35%), Phosphorus: 277.15mg (27.71%), Calcium: 215.56mg (21.56%), Fiber: 5.01g (20.05%), Vitamin B2: 0.31mg (18.44%), Vitamin B1: 0.22mg (14.58%), Folate: 52.86µg (13.21%), Iron: 2.2mg (12.24%), Copper: 0.24mg (12.05%), Vitamin B5: 1.06mg (10.57%), Magnesium: 37.94mg (9.49%), Selenium: 6.57µg (9.38%), Vitamin E: 1.26mg (8.39%), Zinc: 1.25mg (8.35%), Vitamin B6: 0.16mg (8.07%), Potassium: 252.26mg (7.21%), Vitamin B3: 1.4mg (6.99%), Vitamin B12: 0.22µg (3.63%), Vitamin C: 2.35mg (2.85%), Vitamin K: 2.52µg (2.4%), Vitamin D: 0.27µg (1.82%)