



Praline Pumpkin Dessert

 Popular

READY IN



105 min.

SERVINGS



12

CALORIES



512 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
- ☐ 1 box cake mix yellow betty crocker® supermoist®
- ☐ 1 cup sugar

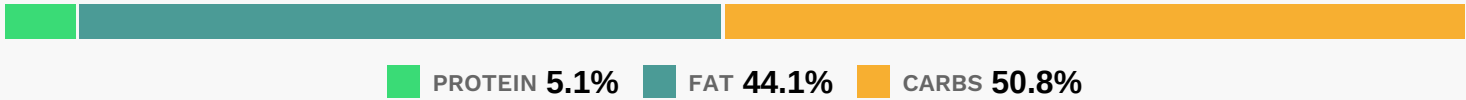
Equipment

- ☐ 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



Properties

Glycemic Index:6.67, Glycemic Load:11.69, Inflammation Score:-9, Nutrition Score:14.343043529469%

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: 512.01kcal (25.6%), Fat: 25.8g (39.69%), Saturated Fat: 5.62g (35.14%), Carbohydrates: 66.87g (22.29%), Net Carbohydrates: 62g (22.55%), Sugar: 38.76g (43.07%), Cholesterol: 49.14mg (16.38%), Sodium: 567.33mg (24.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.42%), Vitamin A: 3584.57IU (71.69%), Manganese: 0.95mg (47.43%), Phosphorus: 270.63mg (27.06%), Calcium: 202.68mg (20.27%), Fiber: 4.86g (19.46%), Vitamin B2: 0.31mg (18.13%), Vitamin B1: 0.22mg (14.34%), Folate: 52.44µg (13.11%), Copper: 0.24mg (11.77%), Iron: 2mg (11.13%), Vitamin B5: 1.04mg (10.39%), Selenium: 6.39µg (9.13%), Magnesium: 35.92mg (8.98%), Zinc: 1.21mg (8.05%), Vitamin E: 1.2mg (8%), Vitamin B6: 0.15mg (7.75%), Vitamin B3: 1.37mg (6.85%), Potassium: 236.81mg (6.77%), Vitamin B12: 0.2µg (3.34%), Vitamin C: 2.11mg (2.56%), Vitamin K: 2.12µg (2.02%), Vitamin D: 0.25µg (1.66%)