



Pumpkin Crisp

READY IN



15 min.

SERVINGS



10

CALORIES



555 kcal

DESSERT

Ingredients

- ☐ 1 cup butter melted
- ☐ 15 ounce pumpkin canned
- ☐ 1 cup evaporated milk
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup pecans chopped
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 18.3 ounce butter-flavored cake mix yellow

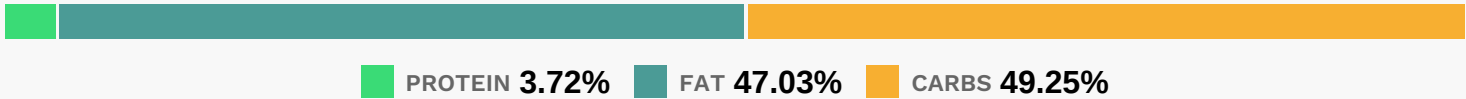
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir together first 5 ingredients.
- ☐ Pour into a lightly greased 13- x 9-inch baking dish.
- ☐ Sprinkle cake mix evenly over pumpkin mixture; sprinkle evenly with pecans.
- ☐ Drizzle butter evenly over pecans.
- ☐ Bake at 350 for 1 hour to 1 hour and 5 minutes or until golden brown.
- ☐ Remove from oven, and let stand 10 minutes before serving.
- ☐ Serve warm or at room temperature with Whipped Cream, if desired.
- ☐ Sprinkle with nutmeg, if desired.
- ☐ Note: For testing purposes only, we used Betty Crocker Super Moist Butter Recipe Yellow Cake
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:14.02, Inflammation Score:-10, Nutrition Score:14.153912966018%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 555.35kcal (27.77%), Fat: 29.79g (45.82%), Saturated Fat: 14.4g (89.99%), Carbohydrates: 70.19g (23.4%), Net Carbohydrates: 67.23g (24.45%), Sugar: 46.79g (51.99%), Cholesterol: 56.11mg (18.7%), Sodium: 551.7mg (23.99%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Protein: 5.29g (10.59%), Vitamin A: 7251.95IU (145.04%), Manganese: 0.67mg (33.67%), Phosphorus: 262.16mg (26.22%), Calcium: 200.32mg (20.03%), Vitamin B2: 0.25mg (14.6%), Vitamin B1: 0.21mg (14.31%), Fiber: 2.95g (11.81%), Folate: 45.39µg (11.35%), Iron: 2.01mg (11.19%), Vitamin E: 1.65mg (10.99%), Copper: 0.22mg (10.98%), Vitamin K: 10.46µg (9.96%), Magnesium: 34.75mg (8.69%), Vitamin B3: 1.54mg (7.71%), Potassium: 239.83mg (6.85%), Vitamin B5: 0.64mg (6.39%), Zinc: 0.92mg (6.16%), Vitamin B6: 0.1mg (5%), Selenium: 3.07µg (4.38%), Vitamin C: 2.39mg (2.9%), Vitamin B12: 0.13µg (2.18%)