



Pumpkin Crunch Dessert

READY IN



65 min.

SERVINGS



10

CALORIES



686 kcal

DESSERT

Ingredients

- ☐ 3 large eggs
- ☐ 12 oz evaporated milk canned
- ☐ 1 cup granulated sugar
- ☐ 1 cup pecans chopped
- ☐ 15 oz pumpkin plain canned (pumpkin, not pumpkin filling)
- ☐ 4 tsp pumpkin pie spice
- ☐ 0.3 tsp salt
- ☐ 0.8 cup butter salted melted (regular)
- ☐ 10 servings whipped cream

☐

18.3 oz duncan hines classic decadent cake mix yellow

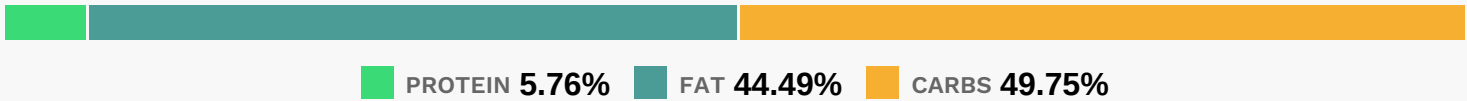
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees. Spray 9×13 metal pan or glass dish with cooking spray. If using a glass dish, preheat to 325 degrees F.
- ☐ Combine pumpkin, evaporated milk, eggs, sugar, salt and pumpkin pie spice in a large bowl.
- ☐ Pour into pan.
- ☐ Sprinkle cake mix evenly over the top.
- ☐ Pour butter over the cake mix, then sprinkle pecans all over the top.
- ☐ Bake for 50 minutes or until golden brown.
- ☐ Let cool completely then cut into squares and serve with a scoop of ice cream.

Nutrition Facts



Properties

Glycemic Index:19.11, Glycemic Load:23.23, Inflammation Score:-10, Nutrition Score:18.470869592998%

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: 685.56kcal (34.28%), Fat: 34.62g (53.26%), Saturated Fat: 16.88g (105.51%), Carbohydrates: 87.09g (29.03%), Net Carbohydrates: 83.63g (30.41%), Sugar: 61.72g (68.58%), Cholesterol: 131.31mg (43.77%), Sodium: 657.1mg (28.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.16%), Vitamin A: 7491.55IU (149.83%), Manganese: 0.77mg (38.64%), Phosphorus: 378.41mg (37.84%), Calcium: 318.48mg (31.85%), Vitamin B2: 0.5mg (29.51%), Vitamin B1: 0.25mg (16.83%), Folate: 56.43µg (14.11%), Fiber: 3.46g (13.85%), Iron: 2.48mg (13.76%), Vitamin B5: 1.3mg (13.02%), Selenium: 9.07µg (12.95%), Vitamin E: 1.9mg (12.65%), Copper: 0.25mg (12.49%), Magnesium: 48.61mg (12.15%), Potassium: 420.73mg (12.02%), Zinc: 1.65mg (11%), Vitamin K: 10.52µg (10.02%), Vitamin B12: 0.53µg (8.77%), Vitamin B3: 1.66mg (8.29%), Vitamin B6: 0.16mg (8.2%), Vitamin C: 3.11mg (3.77%), Vitamin D: 0.47µg (3.11%)