



Pumpkin Pie Pudding

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

DESSERT

Ingredients

- ☐ 0.5 cup biscuit baking mix
- ☐ 2 tablespoons butter melted
- ☐ 15 oz pumpkin canned
- ☐ 2 eggs beaten
- ☐ 12 oz evaporated milk canned
- ☐ 2.5 tablespoons pumpkin pie spice
- ☐ 0.8 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 6 servings garnish: whipped cream

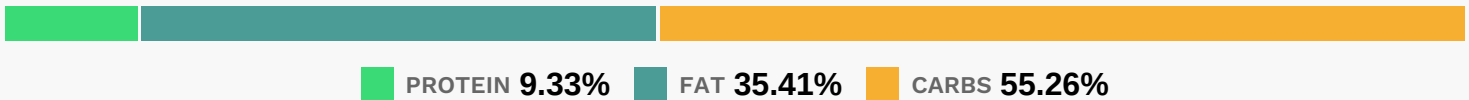
Equipment

- ☐ bowl
- ☐ toothpicks
- ☐ slow cooker

Directions

- ☐ In a bowl, mix together all ingredients except topping.
- ☐ Transfer to a slow cooker that has been sprayed with non-stick vegetable spray.
- ☐ Cover and cook on low setting for 3 1/2 to 4 hours. Pudding will start to pull away from sides of slow cooker; test for doneness with a toothpick inserted in center.
- ☐ Serve warm, topped with dollops of whipped cream.

Nutrition Facts



Properties

Glycemic Index:29.18, Glycemic Load:17.87, Inflammation Score:-10, Nutrition Score:14.279565220294%

Nutrients (% of daily need)

Calories: 321.93kcal (16.1%), Fat: 12.93g (19.9%), Saturated Fat: 6.95g (43.46%), Carbohydrates: 45.41g (15.14%), Net Carbohydrates: 42.78g (15.56%), Sugar: 35.05g (38.94%), Cholesterol: 85.8mg (28.6%), Sodium: 244.23mg (10.62%), Alcohol: 0.46g (100%), Alcohol %: 0.3% (100%), Protein: 7.67g (15.33%), Vitamin A: 11409.45IU (228.19%), Manganese: 0.55mg (27.37%), Phosphorus: 236.93mg (23.69%), Calcium: 217.15mg (21.72%), Vitamin B2: 0.34mg (20.18%), Vitamin K: 13.52µg (12.88%), Iron: 2.14mg (11.87%), Potassium: 383.33mg (10.95%), Fiber: 2.64g (10.54%), Selenium: 7.35µg (10.5%), Vitamin B5: 0.98mg (9.82%), Magnesium: 38.48mg (9.62%), Folate: 33.35µg (8.34%), Vitamin E: 1.2mg (8.03%), Vitamin B1: 0.11mg (7.53%), Copper: 0.13mg (6.31%), Zinc: 0.9mg (5.97%), Vitamin B6: 0.11mg (5.68%), Vitamin C: 4.67mg (5.66%), Vitamin B12: 0.29µg (4.76%), Vitamin B3: 0.9mg (4.52%), Vitamin D: 0.37µg (2.49%)