



Pumpkin Pie Squares

 Vegetarian

READY IN



55 min.

SERVINGS



15

CALORIES



212 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup butter softened
- ☐ 15 ounce pumpkin canned
- ☐ 2 eggs
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 cup rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar white

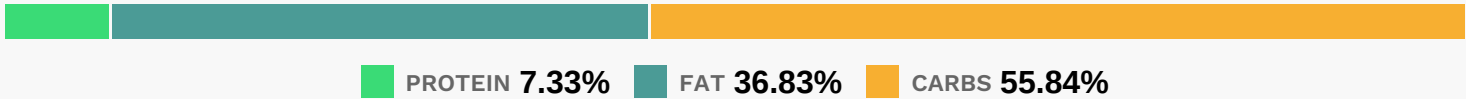
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, cream together butter and brown sugar.
- ☐ Mix in flour. Fold in oats. Press into a 9x13 inch baking dish.
- ☐ Bake in preheated oven 15 minutes, until set.
- ☐ In a large bowl, beat eggs with white sugar. Beat in pumpkin and evaporated milk.
- ☐ Mix in salt, cinnamon, ginger and cloves.
- ☐ Pour over baked crust.
- ☐ Bake in preheated oven 20 minutes, until set.
- ☐ Let cool before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:12.21, Inflammation Score:-10, Nutrition Score:9.0795653773391%

Nutrients (% of daily need)

Calories: 211.8kcal (10.59%), Fat: 8.86g (13.63%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 30.24g (10.08%), Net Carbohydrates: 28.82g (10.48%), Sugar: 20.49g (22.76%), Cholesterol: 44.95mg (14.98%), Sodium: 163.6mg

(7.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.93%), Vitamin A: 4689.81IU (93.8%), Manganese: 0.27mg (13.55%), Vitamin B2: 0.17mg (9.82%), Phosphorus: 91.98mg (9.2%), Selenium: 6.33µg (9.05%), Calcium: 84.73mg (8.47%), Vitamin B1: 0.1mg (6.57%), Iron: 1.13mg (6.28%), Folate: 24.49µg (6.12%), Fiber: 1.41g (5.65%), Vitamin K: 5.39µg (5.14%), Magnesium: 19.59mg (4.9%), Potassium: 170.45mg (4.87%), Vitamin B5: 0.44mg (4.4%), Vitamin E: 0.6mg (3.99%), Vitamin B3: 0.7mg (3.48%), Copper: 0.07mg (3.3%), Zinc: 0.48mg (3.19%), Vitamin B6: 0.05mg (2.4%), Vitamin C: 1.65mg (1.99%), Vitamin B12: 0.1µg (1.72%)