

Pumpkin Pudding I

READY IN



70 min.

SERVINGS



15

CALORIES



270 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 15 ounce pumpkin puree canned
- ☐ 2 eggs beaten
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 teaspoon salt

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18.3 ounce duncan hines classic decadent cake mix yellow

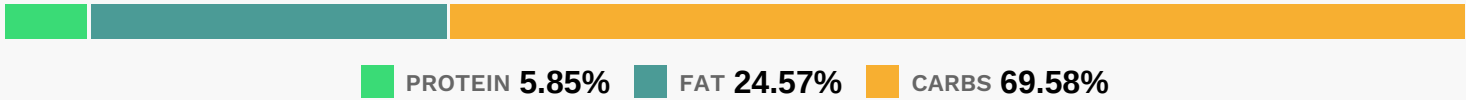
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a mixing bowl, combine the pumpkin, eggs, brown sugar, salt, ginger, nutmeg, cinnamon and evaporated milk.
- ☐ Mix until smooth and pour into 9x13 inch baking dish.
- ☐ Top the pumpkin mixture with yellow cake mix (dry), melt 1/3 cup margarine and drizzle over cake mix until covered.
- ☐ Bake for 30 to 35 minutes or until crust is golden brown. Allow to cool uncovered and serve.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.02, Inflammation Score:-10, Nutrition Score:9.8865217825641%

Nutrients (% of daily need)

Calories: 270.03kcal (13.5%), Fat: 7.51g (11.55%), Saturated Fat: 4.48g (28.02%), Carbohydrates: 47.82g (15.94%), Net Carbohydrates: 46.42g (16.88%), Sugar: 32.52g (36.13%), Cholesterol: 39.53mg (13.18%), Sodium: 400.04mg (17.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin A: 4627.19IU (92.54%), Phosphorus: 178.71mg (17.87%), Calcium: 161.48mg (16.15%), Vitamin B2: 0.2mg (11.68%), Manganese: 0.19mg (9.57%), Folate: 31.88µg (7.97%), Iron: 1.4mg (7.79%), Vitamin B1: 0.1mg (6.7%), Vitamin K: 6.13µg (5.84%), Fiber: 1.4g (5.6%), Vitamin E: 0.84mg (5.6%), Selenium: 3.77µg (5.38%), Potassium: 177.38mg (5.07%), Vitamin B5: 0.51mg (5.06%), Vitamin B3: 0.98mg (4.91%), Magnesium: 18.2mg (4.55%), Copper: 0.07mg (3.6%), Vitamin B6: 0.07mg (3.57%), Zinc: 0.42mg (2.78%), Vitamin B12: 0.13µg (2.22%), Vitamin C: 1.65mg (2%)