



Pumpkin Pudding II

READY IN



45 min.

SERVINGS



12

CALORIES



377 kcal

DESSERT

Ingredients

- ☐ 29 ounce pumpkin puree canned
- ☐ 3 eggs beaten
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 cup butter melted
- ☐ 0.3 teaspoon pumpkin pie spice
- ☐ 0.5 teaspoon salt
- ☐ 18.3 ounce spice cake mix

- ☐ 0.5 cup walnuts chopped
- ☐ 0.7 cup sugar white

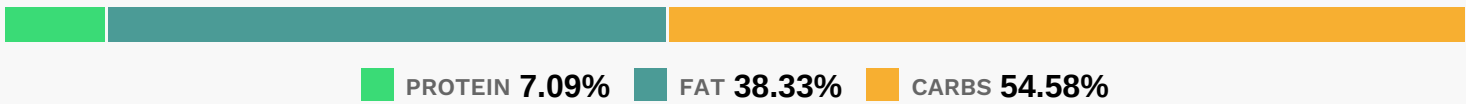
Equipment

- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease one 9x13 inch baking dish.
- ☐ Blend together the sugar, eggs, evaporated milk, pumpkin, cinnamon, salt, clove and pie spice.
- ☐ Pour into baking dish.
- ☐ Spread dry cake mix over pumpkin mixture.
- ☐ Sprinkle with cinnamon, margarine and chopped nuts.
- ☐ Bake for 60 minutes or until knife inserted comes out clean.
- ☐ Serve with whipped cream if desired.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:7.83, Inflammation Score:-10, Nutrition Score:14.71652162075%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 376.69kcal (18.83%), Fat: 16.46g (25.32%), Saturated Fat: 4.39g (27.42%), Carbohydrates: 52.72g (17.57%), Net Carbohydrates: 49.57g (18.02%), Sugar: 36.59g (40.66%), Cholesterol: 49.5mg (16.5%), Sodium: 475.51mg (20.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.69%), Vitamin A: 10964.59IU (219.29%), Manganese: 0.57mg (28.73%), Phosphorus: 221.38mg (22.14%), Iron: 3.4mg (18.9%), Vitamin B2: 0.3mg (17.39%), Calcium: 150.26mg (15.03%), Copper: 0.27mg (13.57%), Vitamin K: 14.19µg (13.51%), Vitamin B1: 0.2mg (13.24%), Fiber: 3.16g (12.62%), Potassium: 418.08mg (11.95%), Folate: 42.6µg (10.65%), Magnesium: 41.34mg (10.33%),

Selenium: 5.55µg (7.93%), Vitamin E: 1.16mg (7.76%), Vitamin B5: 0.77mg (7.65%), Vitamin B3: 1.48mg (7.38%),
Vitamin B6: 0.12mg (5.84%), Zinc: 0.8mg (5.32%), Vitamin C: 3.61mg (4.38%), Vitamin B12: 0.15µg (2.5%), Vitamin D:
0.25µg (1.66%)