



## Pumpkin-Spice Dessert

 Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



371 kcal

DESSERT

### Ingredients

- 0.5 cup oats
- 0.5 cup brown sugar packed
- 0.3 cup butter firm
- 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- 12 oz evaporated milk canned
- 2 eggs
- 0.8 cup granulated sugar
- 0.5 teaspoon salt

- 2 teaspoons pumpkin pie spice
- 0.5 cup pecans chopped
- 0.5 cup brown sugar packed
- 2 tablespoons butter firm
- 1 cup whipping cream
- 1 tablespoon sugar
- 1 teaspoon orange zest grated
- 0.5 teaspoon ground cinnamon
- 1 cup frangelico

## Equipment

- bowl
- frying pan
- oven
- hand mixer

## Directions

- Heat oven to 350°F. In medium bowl, mix all crust ingredients until crumbly. Press in ungreased 13x9-inch pan.
- Bake 10 minutes; cool slightly.
- In large bowl, beat pumpkin, milk, eggs, granulated sugar, salt and pie spice until smooth.
- Pour over partially baked crust.
- Bake 20 minutes. In small bowl, mix pecans, 1/2 cup brown sugar and 2 tablespoons butter until crumbly; sprinkle over pumpkin filling.
- Bake 15 to 20 minutes longer or until filling is set. Cool completely.
- In chilled small bowl, beat whipping cream with electric mixer on high speed until soft peaks form. Beat in sugar, orange peel and cinnamon until stiff peaks form.
- Serve dessert topped with whipped cream. Store in refrigerator.

## Nutrition Facts



■ PROTEIN 5% ■ FAT 45.35% ■ CARBS 49.65%

## Properties

Glycemic Index:18.35, Glycemic Load:10.74, Inflammation Score:-9, Nutrition Score:10.164782627769%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 370.89kcal (18.54%), Fat: 19.32g (29.72%), Saturated Fat: 7.64g (47.72%), Carbohydrates: 47.58g (15.86%), Net Carbohydrates: 43.78g (15.92%), Sugar: 34.96g (38.85%), Cholesterol: 57.91mg (19.3%), Sodium: 288.58mg (12.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.59%), Vitamin A: 3596.44IU (71.93%), Manganese: 0.58mg (28.78%), Fiber: 3.81g (15.22%), Phosphorus: 130.41mg (13.04%), Calcium: 129.97mg (13%), Vitamin B2: 0.22mg (12.82%), Vitamin B5: 0.84mg (8.41%), Magnesium: 31.76mg (7.94%), Selenium: 5.55µg (7.92%), Potassium: 225.04mg (6.43%), Iron: 1.06mg (5.89%), Copper: 0.11mg (5.74%), Vitamin B6: 0.11mg (5.64%), Folate: 21.38µg (5.35%), Zinc: 0.79mg (5.25%), Vitamin B1: 0.08mg (5.03%), Vitamin E: 0.62mg (4.13%), Vitamin D: 0.49µg (3.28%), Vitamin C: 2.27mg (2.75%), Vitamin B12: 0.15µg (2.49%), Vitamin B3: 0.32mg (1.59%), Vitamin K: 1.21µg (1.16%)