



## Slow-Cooker Pumpkin-Apple Dessert

 Dairy Free

READY IN



135 min.

SERVINGS



12

CALORIES



324 kcal

DESSERT

### Ingredients

- 21 ounces peach pie filling canned
- 2 cups flour all-purpose
- 1.3 cups brown sugar packed
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.8 cup eggs fat-free
- 0.3 cup vegetable oil
- 2 teaspoons double-acting baking powder
- 1 teaspoon ground cinnamon

- 0.5 teaspoon nutmeg
- 0.3 teaspoon baking soda
- 1 serving whipped cream

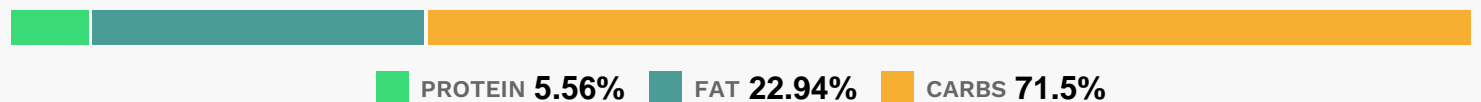
## Equipment

- bowl
- hand mixer
- toothpicks
- slow cooker

## Directions

- Spray 3 1/2- to 6-quart slow cooker with cooking spray. Spoon pie filling into cooker; spread evenly.
- Beat remaining ingredients except ice cream with electric mixer on low speed 1 minute, scraping bowl constantly. Beat on medium speed 2 minutes, scraping bowl occasionally.
- Pour batter over pie filling.
- Cover and cook on High heat setting 1 hour 30 minutes to 2 hours or until toothpick inserted in center comes out clean.
- Serve with ice cream. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

## Nutrition Facts



## Properties

Glycemic Index:25.25, Glycemic Load:12.46, Inflammation Score:-8, Nutrition Score:9.009565135707%

## Nutrients (% of daily need)

Calories: 323.77kcal (16.19%), Fat: 8.42g (12.95%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 59.03g (19.68%), Net Carbohydrates: 55.96g (20.35%), Sugar: 30.38g (33.76%), Cholesterol: 58.92mg (19.64%), Sodium: 196.41mg

(8.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Vitamin A: 1984.7IU (39.69%), Selenium: 12.5µg (17.86%), Manganese: 0.3mg (14.83%), Folate: 53.72µg (13.43%), Vitamin B2: 0.22mg (12.8%), Fiber: 3.07g (12.29%), Vitamin B1: 0.18mg (12.12%), Vitamin K: 11.56µg (11.01%), Iron: 1.87mg (10.41%), Calcium: 89mg (8.9%), Phosphorus: 87.75mg (8.78%), Vitamin B3: 1.38mg (6.89%), Vitamin B5: 0.66mg (6.64%), Copper: 0.1mg (4.85%), Vitamin E: 0.71mg (4.72%), Vitamin B6: 0.09mg (4.56%), Potassium: 139.19mg (3.98%), Magnesium: 14.26mg (3.57%), Zinc: 0.47mg (3.15%), Vitamin B12: 0.16µg (2.61%), Vitamin D: 0.31µg (2.1%), Vitamin C: 1.67mg (2.03%)