



## Slow-Cooker Pumpkin-Apple Dessert

 Dairy Free

READY IN



135 min.

SERVINGS



12

CALORIES



449 kcal

DESSERT

### Ingredients

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

- 0.5 teaspoon nutmeg
- 12 servings whipped cream
- 0.3 cup vegetable oil

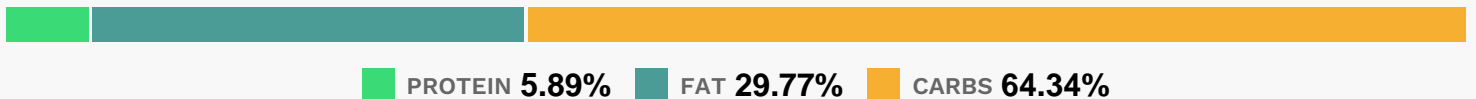
## Equipment

- 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 manufacturers directions for layering ingredients and choosing a temperature.

## Nutrition Facts



## Properties

Glycemic Index:25.25, Glycemic Load:20.91, Inflammation Score:-8, Nutrition Score:11.393478258796%

## Nutrients (% of daily need)

Calories: 449kcal (22.45%), Fat: 15.08g (23.19%), Saturated Fat: 5.95g (37.18%), Carbohydrates: 73.31g (24.44%), Net Carbohydrates: 69.82g (25.39%), Sugar: 43.21g (48.01%), Cholesterol: 85.54mg (28.51%), Sodium: 244.81mg

(10.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.42%), Vitamin A: 2239.41IU (44.79%), Vitamin B2: 0.36mg (21.34%), Selenium: 13.59µg (19.42%), Calcium: 166.44mg (16.64%), Phosphorus: 151.28mg (15.13%), Manganese: 0.3mg (15.08%), Folate: 56.74µg (14.19%), Fiber: 3.5g (13.98%), Vitamin B1: 0.21mg (13.77%), Vitamin K: 11.74µg (11.18%), Iron: 1.93mg (10.71%), Vitamin B5: 1.01mg (10.15%), Potassium: 259.59mg (7.42%), Vitamin B3: 1.45mg (7.24%), Vitamin B12: 0.39µg (6.54%), Vitamin B6: 0.12mg (6.01%), Vitamin E: 0.89mg (5.93%), Zinc: 0.89mg (5.93%), Magnesium: 22.73mg (5.68%), Copper: 0.11mg (5.55%), Vitamin D: 0.44µg (2.9%), Vitamin C: 2.04mg (2.47%)