



Acorn Squash Cake

READY IN



45 min.

SERVINGS



9

CALORIES



319 kcal

DESSERT

Ingredients

- ☐ 1 cup acorn squash cooked mashed
- ☐ 2 teaspoons baking soda
- ☐ 0.8 cup firmly brown sugar light packed
- ☐ 0.3 cup butter softened
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt

- ☐ 9 servings streusel topping
- ☐ 0.5 teaspoon vanilla extract

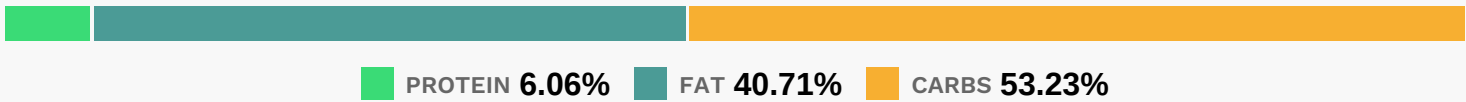
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat butter and sugar at medium speed with an electric mixer until creamy.
- ☐ Add egg, beating well. Stir in squash and vanilla.
- ☐ Combine flour and next 4 ingredients; gradually add to butter mixture, beating at low speed after each addition.
- ☐ Pour batter into a greased 9-inch square pan.
- ☐ Sprinkle with Streusel Topping.
- ☐ Bake at 350 for 40 minutes. Cool cake in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:15.56, Glycemic Load:15.39, Inflammation Score:-4, Nutrition Score:8.5439130223316%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 318.53kcal (15.93%), Fat: 14.74g (22.68%), Saturated Fat: 4.25g (26.56%), Carbohydrates: 43.37g (14.46%), Net Carbohydrates: 41.07g (14.94%), Sugar: 18.74g (20.83%), Cholesterol: 34.23mg (11.41%), Sodium: 430.48mg (18.72%), Alcohol: 0.08g (100%), Alcohol %: 0.11% (100%), Protein: 4.94g (9.87%), Manganese: 0.82mg (40.85%), Vitamin B1: 0.32mg (21.51%), Selenium: 11.98µg (17.11%), Folate: 59.18µg (14.79%), Iron: 1.97mg (10.92%), Vitamin B2: 0.18mg (10.78%), Copper: 0.21mg (10.63%), Vitamin B3: 1.92mg (9.62%), Fiber: 2.29g (9.17%), Phosphorus: 83.52mg (8.35%), Magnesium: 28.83mg (7.21%), Zinc: 0.86mg (5.73%), Vitamin A: 252.12IU (5.04%), Potassium: 171.07mg (4.89%), Vitamin B5: 0.41mg (4.07%), Calcium: 40.44mg (4.04%), Vitamin B6: 0.08mg (3.97%), Vitamin E: 0.42mg (2.82%), Vitamin C: 1.85mg (2.25%), Vitamin K: 1.06µg (1.01%), Vitamin B12: 0.06µg (1.01%)