



Asparagus Bundt Cake

 Vegetarian

READY IN



80 min.

SERVINGS



20

CALORIES



333 kcal

DESSERT

Ingredients

- 1 pound asparagus fresh grated drained
- 2 teaspoons baking soda
- 8 ounces pineapple crushed undrained canned
- 2.8 cups powdered sugar
- 3 ounces cream cheese softened
- 3 eggs beaten
- 3 cups flour all-purpose
- 1 teaspoon ground cinnamon

- 3 tablespoons milk
- 2 teaspoons orange zest grated
- 1.5 cups pecans chopped
- 0.5 teaspoon salt
- 2 cups sugar
- 1 teaspoon vanilla extract
- 1.5 cups vegetable oil

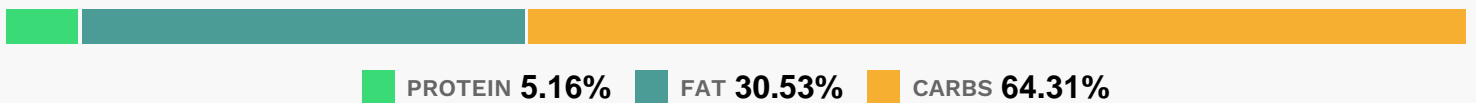
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

Directions

- In a large bowl, combine the first five ingredients.
- Add oil, eggs, asparagus, pineapple, orange peel and vanilla; mix well. Fold in pecans.
- Pour into a greased and floured 10-in. fluted tube pan.
- Bake at 350° for 1 hour or until a toothpick inserted near the center comes out clean. Cool for 10 minutes; remove from pan to a wire rack to cool completely.
- For icing, beat cream cheese and sugar in a small bowl until smooth.
- Add orange peel, vanilla and enough milk until icing reaches desired consistency. Spoon over cake, allowing icing to drip down sides.

Nutrition Facts



Properties

Glycemic Index:12.85, Glycemic Load:24.58, Inflammation Score:-4, Nutrition Score:7.8234783203705%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 332.86kcal (16.64%), Fat: 11.61g (17.86%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 55.02g (18.34%), Net Carbohydrates: 53.03g (19.28%), Sugar: 38.84g (43.15%), Cholesterol: 29.12mg (9.71%), Sodium: 192.66mg (8.38%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Protein: 4.42g (8.83%), Manganese: 0.55mg (27.68%), Vitamin B1: 0.25mg (16.69%), Vitamin K: 16.02µg (15.25%), Selenium: 9.89µg (14.13%), Folate: 52.02µg (13.01%), Vitamin B2: 0.19mg (11.06%), Iron: 1.75mg (9.7%), Copper: 0.19mg (9.45%), Fiber: 1.99g (7.96%), Phosphorus: 75.49mg (7.55%), Vitamin B3: 1.47mg (7.36%), Vitamin A: 279.24IU (5.58%), Magnesium: 20.47mg (5.12%), Vitamin E: 0.76mg (5.08%), Zinc: 0.76mg (5.05%), Potassium: 133.44mg (3.81%), Vitamin B6: 0.07mg (3.5%), Vitamin B5: 0.35mg (3.5%), Vitamin C: 2.7mg (3.27%), Calcium: 28.13mg (2.81%), Vitamin B12: 0.08µg (1.34%), Vitamin D: 0.16µg (1.04%)