



 **15%**
HEALTH SCORE

Autumn Pumpkin Cake

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



131 kcal

DESSERT

Ingredients

- 500 g pumpkin steamed
- 180 g brown rice flour (ground some brown rice)
- 200 ml coconut milk
- 0.3 cup raisins
- 100 g agave nectar

Equipment

Directions

Go to my blog for the full instructions: <http://gourmandelle.com/pumpkin-cake-the-ideal-dessert-for-a-sunny-autumn-day/>

Nutrition Facts



Properties

Glycemic Index:20.23, Glycemic Load:4.46, Inflammation Score:-9, Nutrition Score:8.9065217391304%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg

Nutrients (% of daily need)

Calories: 131.42kcal (6.57%), Fat: 3.91g (6.01%), Saturated Fat: 3.12g (19.51%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 22.24g (8.09%), Sugar: 6.94g (7.72%), Cholesterol: 0mg (0%), Sodium: 4.87mg (0.21%), Protein: 1.91g (3.81%), Vitamin A: 3547.08IU (70.94%), Manganese: 0.78mg (39.24%), Phosphorus: 86.52mg (8.65%), Vitamin B6: 0.17mg (8.27%), Magnesium: 30.11mg (7.53%), Potassium: 245.3mg (7.01%), Vitamin B3: 1.39mg (6.97%), Vitamin B1: 0.1mg (6.96%), Iron: 1.24mg (6.9%), Vitamin C: 5.49mg (6.65%), Copper: 0.13mg (6.64%), Vitamin E: 0.7mg (4.69%), Vitamin B2: 0.08mg (4.53%), Fiber: 1.12g (4.48%), Zinc: 0.6mg (3.98%), Vitamin B5: 0.39mg (3.89%), Folate: 13.89µg (3.47%), Vitamin K: 2.33µg (2.22%), Calcium: 14.19mg (1.42%)