



Butternut Squash Cake

 Vegetarian

READY IN



120 min.

SERVINGS



15

CALORIES



514 kcal

DESSERT

Ingredients

- 0.8 cup butter softened
- 1.5 cups granulated sugar
- 3 eggs
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt
- 0.5 teaspoon ground ginger
- 0.5 teaspoon ground cinnamon

- 0.3 teaspoon nutmeg
- 2.5 cups flour all-purpose
- 0.8 cup buttermilk
- 2 cups butternut squash shredded peeled (1 small)
- 0.5 cup walnut pieces chopped
- 0.5 cup butter softened
- 3 oz cream cheese softened
- 4 cups powdered sugar
- 2 tablespoons milk
- 1.5 teaspoons peppermint flavoring
- 0.5 cup walnut pieces chopped

Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. Spray bottom of 13x9-inch pan with cooking spray.
- In large bowl, beat 3/4 cup butter and the granulated sugar with electric mixer on medium speed until light and fluffy. Beat in eggs until fluffy. Beat in baking powder, baking soda, salt, ginger, cinnamon and nutmeg.
- Add flour alternately with buttermilk, scraping side of bowl. Beat 1 minute. Stir in squash and 1/2 cup walnuts.
- Spread in pan.
- Bake 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool completely.
- In medium bowl, beat 1/2 cup butter and the cream cheese with electric mixer on medium speed until light and fluffy.

Add powdered sugar, 2 tablespoons milk and the maple flavor. Beat until smooth and creamy, adding additional milk if needed. Frost cake.

Sprinkle with 1/2 cup walnuts. Cover and refrigerate.

Nutrition Facts

PROTEIN 4.25% **FAT 40.92%** **CARBS 54.83%**

Properties

Glycemic Index:36.54, Glycemic Load:25.99, Inflammation Score:-9, Nutrition Score:9.9400000624035%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg

Nutrients (% of daily need)

Calories: 514.2kcal (25.71%), Fat: 23.98g (36.89%), Saturated Fat: 11.93g (74.59%), Carbohydrates: 72.3g (24.1%), Net Carbohydrates: 70.79g (25.74%), Sugar: 52.88g (58.75%), Cholesterol: 80.69mg (26.9%), Sodium: 323.88mg (14.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.21%), Vitamin A: 2605.51IU (52.11%), Manganese: 0.49mg (24.34%), Selenium: 11.75µg (16.79%), Vitamin B1: 0.22mg (14.77%), Folate: 56.66µg (14.17%), Vitamin B2: 0.21mg (12.44%), Phosphorus: 104.89mg (10.49%), Copper: 0.18mg (9.12%), Iron: 1.59mg (8.81%), Vitamin B3: 1.58mg (7.91%), Calcium: 75.83mg (7.58%), Magnesium: 26.99mg (6.75%), Vitamin E: 0.93mg (6.18%), Fiber: 1.51g (6.04%), Vitamin B6: 0.1mg (5.23%), Vitamin C: 4.03mg (4.88%), Potassium: 168.18mg (4.81%), Vitamin B5: 0.45mg (4.52%), Zinc: 0.64mg (4.25%), Vitamin B12: 0.19µg (3.15%), Vitamin D: 0.35µg (2.36%), Vitamin K: 2.01µg (1.92%)