



Butternut Squash Cake with Butter-Rum Frosting

READY IN



135 min.

SERVINGS



15

CALORIES



462 kcal

DESSERT

Ingredients

- ☐ 1.3 cups brown sugar packed
- ☐ 1 cup vegetable oil
- ☐ 2 teaspoons vanilla
- ☐ 3 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1.5 teaspoons baking soda
- ☐ 1.5 teaspoons pumpkin pie spice
- ☐ 0.5 teaspoon salt

- ☐ 0.7 cup buttermilk
- ☐ 1 lb butternut squash shredded peeled
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 0.5 cup hazelnuts toasted chopped (filberts)
- ☐ 0.5 cup butter softened
- ☐ 4 oz cream cheese softened (half of 8-oz package)
- ☐ 2 tablespoons rum extract
- ☐ 4 cups powdered sugar
- ☐ 0.3 cup hazelnuts toasted chopped (filberts)

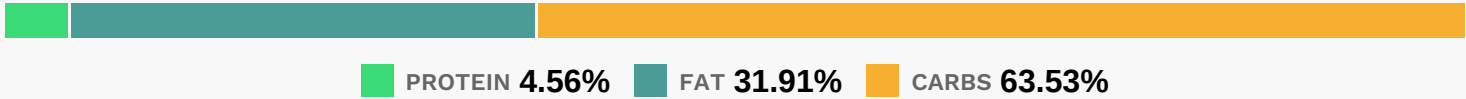
Equipment

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

Directions

- ☐ Heat oven to 350°F. Spray bottom and sides of 13x9-inch pan with baking spray with flour.
- ☐ In large bowl, beat brown sugar, oil, vanilla and eggs with electric mixer on medium speed until creamy. On low speed, beat in flour, baking soda, pumpkin pie spice and salt until mixed.
- ☐ Add buttermilk; beat on low speed until mixed. Beat on medium speed 1 minute longer. Stir in squash, cranberries and hazelnuts.
- ☐ Pour into pan.
- ☐ Bake 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- ☐ In medium bowl, beat butter and cream cheese on medium speed until creamy.
- ☐ Add rum and powdered sugar; beat on low speed until mixed. Beat on medium speed until smooth and creamy. Frost cake.
- ☐ Sprinkle with 1/4 cup hazelnuts. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.87, Glycemic Load:11.84, Inflammation Score:-9, Nutrition Score:12.116086939107%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 461.69kcal (23.08%), Fat: 16.74g (25.75%), Saturated Fat: 4.03g (25.22%), Carbohydrates: 74.98g (24.99%), Net Carbohydrates: 72.98g (26.54%), Sugar: 53.91g (59.91%), Cholesterol: 41.54mg (13.85%), Sodium: 313.5mg (13.63%), Alcohol: 0.18g (100%), Alcohol %: 0.14% (100%), Protein: 5.38g (10.76%), Vitamin A: 3653.49IU (73.07%), Manganese: 0.63mg (31.71%), Selenium: 11.56µg (16.51%), Vitamin B1: 0.24mg (16.28%), Folate: 58.73µg (14.68%), Vitamin E: 2.07mg (13.83%), Vitamin B2: 0.2mg (11.91%), Iron: 1.83mg (10.18%), Copper: 0.18mg (9.01%), Vitamin B3: 1.77mg (8.87%), Phosphorus: 87.52mg (8.75%), Vitamin C: 6.8mg (8.24%), Fiber: 1.99g (7.97%), Magnesium: 29.82mg (7.46%), Calcium: 68.65mg (6.86%), Vitamin K: 7.17µg (6.83%), Potassium: 238.37mg (6.81%), Vitamin B6: 0.12mg (6.16%), Vitamin B5: 0.53mg (5.25%), Zinc: 0.55mg (3.66%), Vitamin B12: 0.15µg (2.53%), Vitamin D: 0.31µg (2.1%)