



Butternut Squash Layer Cake

READY IN



50 min.

SERVINGS



12

CALORIES



557 kcal

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 1.5 cups brown sugar packed
- 1.5 cups brown sugar packed
- 0.5 cup butter softened
- 1 cup butternut squash cooked mashed
- 3 cups cake flour
- 0.3 teaspoon cream of tartar
- 2 eggs

- 3 eggs
- 1 teaspoon peppermint flavoring
- 0.5 cup milk
- 0.1 teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1 cup walnut pieces chopped
- 6 tablespoons water

Equipment

- bowl
- sauce pan
- oven
- blender
- baking pan
- toothpicks
- kitchen thermometer
- stand mixer

Directions

- In a large bowl, cream butter and sugars until light and fluffy.
- Add eggs, one at a time, beating well after each addition. Beat in squash and maple flavoring.
- Combine the flour, baking powder and baking soda; add to creamed mixture alternately with milk. Stir in walnuts.
- Pour into two greased and floured 9-in. round baking pans.
- Bake at 350° for 25–30 minutes or until a toothpick inserted near the center comes out clean. Cool 10 minutes before removing from pans to wire racks.
- For frosting, in a heavy saucepan, combine the brown sugar, egg whites, water, cream of tartar and salt. With a portable mixer, beat on low speed for 1 minute. Continue beating over low heat until a thermometer reads 160°, about 8–10 minutes.

Pour into the bowl of a heavy-duty stand mixer; add vanilla. Beat on high speed until stiff peaks form, about 3 minutes.

Spread between layers and over top and sides of cake.

Nutrition Facts

PROTEIN 5.7% **FAT 26.31%** **CARBS 67.99%**

Properties

Glycemic Index:28.09, Glycemic Load:26.98, Inflammation Score:-8, Nutrition Score:9.9700000026952%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 556.96kcal (27.85%), Fat: 16.68g (25.66%), Saturated Fat: 6.3g (39.38%), Carbohydrates: 96.98g (32.33%), Net Carbohydrates: 95.34g (34.67%), Sugar: 71.2g (79.11%), Cholesterol: 89.76mg (29.92%), Sodium: 296.36mg (12.89%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 8.13g (16.26%), Manganese: 0.65mg (32.32%), Vitamin A: 1594.58IU (31.89%), Selenium: 19.62µg (28.03%), Calcium: 169.33mg (16.93%), Phosphorus: 148.17mg (14.82%), Copper: 0.26mg (13.12%), Magnesium: 36.22mg (9.06%), Iron: 1.52mg (8.43%), Vitamin B2: 0.14mg (8.25%), Folate: 32.47µg (8.12%), Vitamin B6: 0.14mg (7.11%), Potassium: 242.7mg (6.93%), Fiber: 1.64g (6.56%), Vitamin B5: 0.64mg (6.41%), Zinc: 0.89mg (5.94%), Vitamin B1: 0.08mg (5.56%), Vitamin E: 0.78mg (5.19%), Vitamin B12: 0.23µg (3.9%), Vitamin B3: 0.65mg (3.26%), Vitamin D: 0.48µg (3.19%), Vitamin C: 2.58mg (3.12%), Vitamin K: 1.23µg (1.17%)