



Butternut Squash Spice Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



425 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 teaspoon pepper black freshly ground
- 1 small butternut squash
- 2 large eggs
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1.5 cups brown sugar light packed

- 1 teaspoon nutmeg freshly ground
- 0.8 teaspoon salt
- 0.5 cup butter unsalted at room temperature
- 1 teaspoon vanilla
- 2 cups pastry flour whole-wheat

Equipment

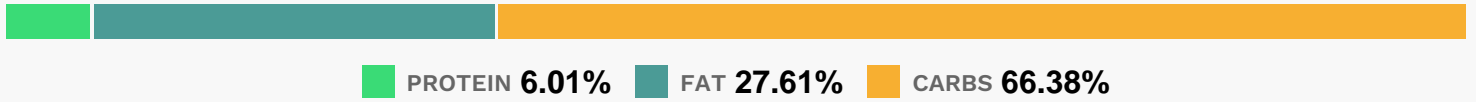
- bowl
- oven
- blender
- baking pan
- toothpicks
- aluminum foil

Directions

- Preheat oven to 35
- Cut squash in half lengthwise and remove seeds.
- Place the squash halves, cut side up, on a baking pan, then cover with foil and bake until tender when pierced with a fork, 20 to 30 minutes. Uncover and let sit until cool enough to handle, then use a spoon to scoop out the cooked squash from the peel. Mash with a fork. Measure out 1 cup of the squash and set aside any remaining for future use (see Notes).
- Turn oven down to 32
- Butter an 8- by 8-in. baking pan and set aside.
- In a small bowl, combine flour, allspice, cinnamon, nutmeg, baking powder, salt, baking soda, and pepper. Set aside.
- With a mixer, cream together butter and brown sugar in a large bowl until smooth and a bit fluffy.
- Add eggs one at a time, beating for 30 seconds after each addition.
- Mix in vanilla.

- Add half of the flour mixture to the butter mixture and stir to combine. Stir in the cup of mashed squash.
- Add remaining flour mixture and stir just enough to combine.
- Pour batter into prepared baking pan and bake until a toothpick inserted in the center comes out clean, 50 to 60 minutes.
- Serve plain or with a dusting of powdered sugar or a dollop of whipped cream.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:19.431739278462%

Nutrients (% of daily need)

Calories: 424.99kcal (21.25%), Fat: 13.66g (21.01%), Saturated Fat: 7.9g (49.38%), Carbohydrates: 73.86g (24.62%), Net Carbohydrates: 68.52g (24.92%), Sugar: 42.39g (47.1%), Cholesterol: 77mg (25.67%), Sodium: 374.94mg (16.3%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 6.69g (13.38%), Vitamin A: 10393.05IU (207.86%), Manganese: 1.51mg (75.4%), Selenium: 23.51µg (33.58%), Vitamin C: 19.8mg (24%), Fiber: 5.34g (21.36%), Magnesium: 79.72mg (19.93%), Phosphorus: 179.9mg (17.99%), Vitamin B1: 0.25mg (16.76%), Vitamin B6: 0.31mg (15.33%), Potassium: 520.7mg (14.88%), Vitamin E: 2.03mg (13.53%), Vitamin B3: 2.69mg (13.45%), Calcium: 134.31mg (13.43%), Iron: 2.36mg (13.11%), Folate: 45.53µg (11.38%), Copper: 0.23mg (11.37%), Vitamin B5: 0.82mg (8.2%), Vitamin B2: 0.13mg (7.72%), Zinc: 1.12mg (7.48%), Vitamin D: 0.46µg (3.09%), Vitamin K: 2.81µg (2.68%), Vitamin B12: 0.14µg (2.26%)