



Chocolate Pumpkin Cake

READY IN



50 min.

SERVINGS



15

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin canned
- ☐ 16 ounce cream cheese frosting
- ☐ 2 eggs
- ☐ 18.3 ounce chocolate cake mix
- ☐ 2 tablespoons vegetable oil

Equipment

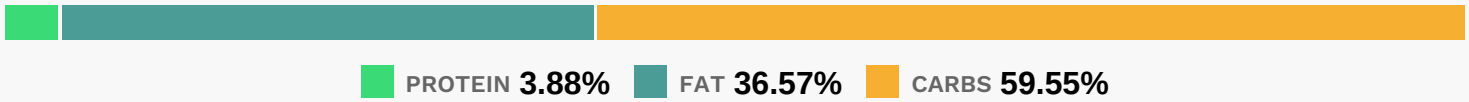
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- ☐ In a large bowl, mix the cake mix, pumpkin, eggs and oil for 3 minutes using a mixer on medium speed.
- ☐ Pour into the prepared pan and spread evenly.
- ☐ Bake for 35 to 40 minutes in the preheated oven, or until a toothpick inserted in the center comes out clean. Cool, then frost with cream cheese frosting.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:8.9691305212353%

Nutrients (% of daily need)

Calories: 307.18kcal (15.36%), Fat: 13.06g (20.1%), Saturated Fat: 3g (18.76%), Carbohydrates: 47.87g (15.96%), Net Carbohydrates: 46.22g (16.81%), Sugar: 33.38g (37.09%), Cholesterol: 21.82mg (7.27%), Sodium: 352.06mg (15.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.79mg (1.26%), Protein: 3.12g (6.23%), Vitamin A: 4444.75IU (88.9%), Iron: 2.1mg (11.65%), Phosphorus: 115.57mg (11.56%), Selenium: 6.34µg (9.06%), Copper: 0.18mg (8.93%), Vitamin K: 9.2µg (8.76%), Folate: 27.54µg (6.89%), Fiber: 1.65g (6.6%), Calcium: 63.3mg (6.33%), Manganese: 0.12mg (6.24%), Magnesium: 24.04mg (6.01%), Vitamin E: 0.89mg (5.96%), Vitamin B2: 0.1mg (5.83%), Potassium: 190.9mg (5.45%), Vitamin B1: 0.07mg (4.52%), Vitamin B3: 0.66mg (3.32%), Zinc: 0.41mg (2.71%), Vitamin B5: 0.25mg (2.51%), Vitamin B6: 0.04mg (1.97%), Vitamin C: 1.19mg (1.44%)