



## Gluten-Free Cinnamon and Toasted Pecan Crusted Sweet Potato Cake

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup pecans finely chopped
- 2 tablespoons granulated sugar
- 3 teaspoons ground cinnamon
- 15 oz betty crocker's cake mix gluten free yellow
- 0.3 cup brown sugar packed
- 0.3 teaspoon nutmeg
- 1 cup sweet potatoes and into cooked mashed

- 0.5 cup vegetable oil
- 3 tablespoons yogurt plain
- 2 teaspoons vanilla gluten-free
- 3 eggs
- 1 serving powdered sugar gluten-free

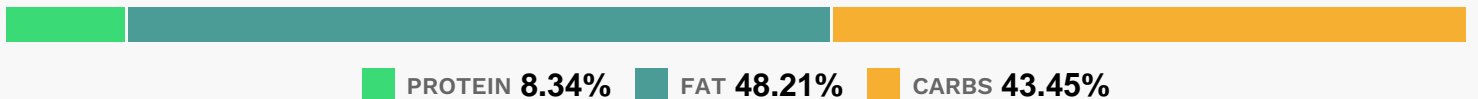
## Equipment

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

## Directions

- Heat oven to 350°F. Spray 12-cup fluted tube cake pan with cooking spray. In small bowl, mix pecans, granulated sugar and 1 teaspoon of the cinnamon.
- Sprinkle into pan, turning pan to distribute evenly.
- In large bowl, beat cake mix, brown sugar, 2 teaspoons of the cinnamon, nutmeg, sweet potatoes, oil, yogurt, vanilla and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Carefully spoon into pan.
- Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely, about 1 hour.
- Sprinkle lightly with powdered sugar.

## Nutrition Facts



## Properties

Glycemic Index:19.34, Glycemic Load:2.57, Inflammation Score:-7, Nutrition Score:4.292173868936%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

## Nutrients (% of daily need)

Calories: 96.38kcal (4.82%), Fat: 5.24g (8.06%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 9.73g (3.54%), Sugar: 8.06g (8.95%), Cholesterol: 41.57mg (13.86%), Sodium: 25.45mg (1.11%), Alcohol: 0.23g (100%), Alcohol %: 0.35% (100%), Protein: 2.04g (4.08%), Vitamin A: 1639.96IU (32.8%), Manganese: 0.26mg (13.06%), Selenium: 3.76µg (5.37%), Phosphorus: 40.76mg (4.08%), Vitamin B2: 0.07mg (4.08%), Vitamin K: 3.85µg (3.66%), Fiber: 0.9g (3.59%), Copper: 0.07mg (3.32%), Vitamin B5: 0.31mg (3.11%), Calcium: 26.65mg (2.66%), Vitamin B6: 0.05mg (2.64%), Zinc: 0.35mg (2.36%), Potassium: 82.13mg (2.35%), Vitamin E: 0.35mg (2.33%), Iron: 0.42mg (2.32%), Vitamin B1: 0.03mg (2.32%), Magnesium: 9.22mg (2.31%), Vitamin B12: 0.12µg (1.94%), Folate: 7.51µg (1.88%), Vitamin D: 0.22µg (1.5%)