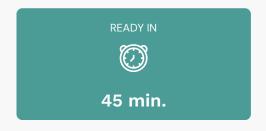


Frosted Pumpkin Cake

Vegetarian







DESSERT

Ingredients

2.5 teaspoons double-acting baking powde
1 cup brown sugar packed
0.3 cup butter softened
2 tablespoons butter softened
15 ounce pumpkin puree canned
2 large eggs
2.3 cups flour all-purpose

2 teaspoons ground cinnamon

	2 cups powdered sugar sifted
	0.3 teaspoon salt
	0.5 teaspoon vanilla extract
	1 teaspoon vanilla extract
Equipment	
	bowl
	frying pan
	oven
	knife
	whisk
	wire rack
	blender
	baking pan
	measuring cup
Directions	
	Preheat oven to 35
	To prepare cake, weigh or lightly spoon flour into dry measuring cups; level with a knife.
	Combine flour, baking powder, cinnamon, and salt in a small bowl, stirring with a whisk.
	Combine brown sugar, 1/4 cup butter, and 1 teaspoon vanilla in a large bowl; beat with a mixer at medium speed until well combined.
	Add eggs, 1 at a time, to sugar mixture; beat well after each addition.
	Add pumpkin; mix well. Fold in flour mixture.
	Spread batter into a 13 x 9-inch baking pan coated with cooking spray.
	Bake at 350 for 25 minutes or until a wooden pick inserted into the center comes out clean. Cool completely in pan on a wire rack.
	To prepare the frosting, combine 2 tablespoons butter, 1/2 teaspoon vanilla, and cream cheese in a medium bowl; beat with a mixer at medium speed until combined. Gradually add the powdered sugar, beating until well combined.



Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:6.58, Inflammation Score:-9, Nutrition Score:5.6565217764481%

Nutrients (% of daily need)

Calories: 155.04kcal (7.75%), Fat: 3.43g (5.27%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 29.66g (9.89%), Net Carbohydrates: 28.74g (10.45%), Sugar: 19.34g (21.49%), Cholesterol: 23.09mg (7.7%), Sodium: 100.94mg (4.39%), Alcohol: 0.09g (100%), Alcohol %: 0.19% (100%), Protein: 1.98g (3.96%), Vitamin A: 2868.76IU (57.38%), Selenium: 5.53µg (7.91%), Manganese: 0.14mg (7.18%), Vitamin B1: 0.1mg (6.54%), Folate: 25.74µg (6.43%), Iron: 1mg (5.53%), Vitamin B2: 0.09mg (5.29%), Calcium: 43.45mg (4.34%), Vitamin B3: 0.77mg (3.87%), Phosphorus: 37.57mg (3.76%), Fiber: 0.92g (3.68%), Vitamin K: 3.18µg (3.03%), Copper: 0.04mg (2.23%), Vitamin E: 0.32mg (2.16%), Magnesium: 8.29mg (2.07%), Vitamin B5: 0.2mg (2.03%), Potassium: 69.2mg (1.98%), Vitamin B6: 0.03mg (1.32%), Zinc: 0.18mg (1.18%)