



Frozen Pumpkin Layer Cake

READY IN



24 min.

SERVINGS



16

CALORIES



86 kcal

DESSERT

Ingredients

- ☐ 8 inch round angel food cake cut into 1/2-inch-thick slices (25 slices) (15 ounces)
- ☐ 9 ounce country pumpkin butter (such as Dickinson's)
- ☐ 0.5 cup caramel topping fat-free
- ☐ 0.5 cup cinnamon graham crackers crushed (3 full cracker sheets)
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 tablespoon brown sugar light
- ☐ 0.5 cup pecans chopped
- ☐ 0.8 teaspoon pumpkin pie spice
- ☐ 1 carton vanilla ice cream light divided softened

- ☐ 8 ounce non-dairy whipped topping fat-free frozen thawed

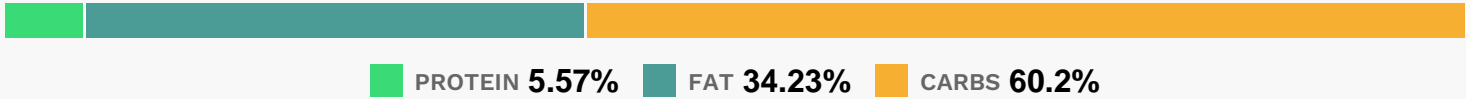
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ springform pan

Directions

- ☐ Place pecans in a nonstick skillet; coat pecans with cooking spray.
- ☐ Add brown sugar; cook over medium heat 3 minutes or until nuts are toasted and sugar melts, stirring occasionally.
- ☐ Remove from heat; cool.
- ☐ Combine sugared pecans and cracker crumbs in a small bowl; toss gently.
- ☐ Arrange half of angel food cake slices in bottom of a 10-inch springform pan.
- ☐ Combine pumpkin butter, cinnamon, and pumpkin pie spice in a small bowl.
- ☐ Place half of pumpkin butter mixture and half of ice cream in a food processor; pulse 12 times or just until blended.
- ☐ Spread pumpkin-ice cream mixture over cake layer in pan, and sprinkle with half of pecan mixture. Top with remaining cake slices; freeze 5 minutes.
- ☐ Place remaining half of pumpkin butter mixture and remaining half of ice cream in food processor; pulse 12 times or just until blended.
- ☐ Spread pumpkin-ice cream mixture over cake layer in pan, and sprinkle with half of remaining pecan mixture. Cover and freeze 2 hours.
- ☐ Spread whipped topping evenly over cake, and sprinkle with remaining pecan mixture. Cover and freeze 8 hours or until firm.
- ☐ Let stand 5 minutes before serving. Run a knife around outside edge of dessert to loosen from pan; remove sides of pan.
- ☐ Drizzle with caramel topping.

Nutrition Facts



Properties

Glycemic Index:7.81, Glycemic Load:1.54, Inflammation Score:-8, Nutrition Score:4.3682608513728%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 86.02kcal (4.3%), Fat: 3.48g (5.35%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 12.85g (4.67%), Sugar: 8.57g (9.52%), Cholesterol: 2.28mg (0.76%), Sodium: 60.27mg (2.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.55%), Vitamin A: 1729.27IU (34.59%), Manganese: 0.24mg (11.9%), Vitamin B2: 0.1mg (6.16%), Vitamin B1: 0.07mg (4.46%), Vitamin C: 3.45mg (4.18%), Vitamin B12: 0.22µg (3.72%), Fiber: 0.91g (3.66%), Phosphorus: 36.04mg (3.6%), Calcium: 35.34mg (3.53%), Magnesium: 13.11mg (3.28%), Copper: 0.06mg (2.91%), Potassium: 99.32mg (2.84%), Vitamin B6: 0.05mg (2.65%), Folate: 9.11µg (2.28%), Vitamin E: 0.3mg (2%), Iron: 0.36mg (2%), Vitamin B3: 0.4mg (1.98%), Zinc: 0.28mg (1.9%), Selenium: 0.95µg (1.35%), Vitamin B5: 0.11mg (1.08%)