



Gluten-Free Cinnamon and Toasted Pecan Crusted Sweet Potato Cake

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 3 eggs
- ☐ 2 tablespoons granulated sugar
- ☐ 3 teaspoons ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 cup pecans finely chopped
- ☐ 3 tablespoons yogurt plain

- ☐ 12 servings powdered sugar gluten-free
- ☐ 1 cup sweet potatoes and into cooked mashed
- ☐ 2 teaspoons vanilla gluten-free
- ☐ 0.5 cup vegetable oil
- ☐ 1 box betty crocker's cake mix gluten free yellow

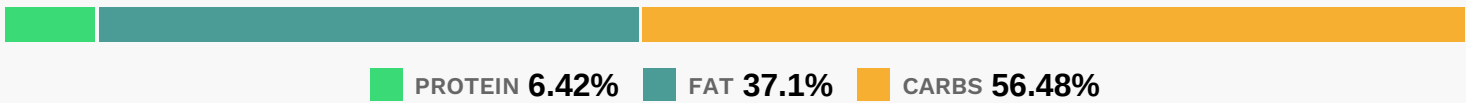
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:4.3021738490333%

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: 124.9kcal (6.25%), Fat: 5.24g (8.06%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 17.94g (5.98%), Net Carbohydrates: 17.05g (6.2%), Sugar: 15.23g (16.92%), Cholesterol: 41.57mg (13.86%), Sodium: 25.6mg (1.11%), Alcohol: 0.23g (100%), Alcohol %: 0.32% (100%), Protein: 2.04g (4.08%), Vitamin A: 1639.96IU (32.8%), Manganese: 0.26mg (13.08%), Selenium: 3.8µg (5.43%), Vitamin B2: 0.07mg (4.17%), Phosphorus: 40.76mg (4.08%), Vitamin K: 3.85µg (3.66%), Fiber: 0.9g (3.59%), Copper: 0.07mg (3.34%), Vitamin B5: 0.31mg (3.11%), Calcium: 26.72mg (2.67%), Vitamin B6: 0.05mg (2.64%), Zinc: 0.35mg (2.37%), Potassium: 82.28mg (2.35%), Iron: 0.42mg (2.34%), Vitamin E: 0.35mg (2.33%), 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%)