



Halloween pumpkin cake

 Popular

READY IN



50 min.

SERVINGS



15

CALORIES



429 kcal

DESSERT

Ingredients

- ☐ 300 g self-raising flour
- ☐ 300 g muscovado sugar light
- ☐ 3 tsp spice mixed
- ☐ 2 tsp bicarbonate of soda
- ☐ 175 g sultanas
- ☐ 0.5 tsp salt
- ☐ 4 eggs beaten
- ☐ 200 g butter melted

- ☐ 1 orange zest
- ☐ 1 tbsp orange juice
- ☐ 500 g butternut squash flesh grated peeled (weight)
- ☐ 200 g pack cheese soft
- ☐ 85 g butter softened
- ☐ 100 g icing sugar sifted
- ☐ 1 juice of orange

Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ skewers
- ☐ palette knife

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Butter and line a 30 x 20cm baking or small roasting tin with baking parchment.
- ☐ Put the flour, sugar, spice, bicarbonate of soda, sultanas and salt into a large bowl and stir to combine. Beat the eggs into the melted butter, stir in the orange zest and juice, then mix with the dry ingredients till combined. Stir in the pumpkin.
- ☐ Pour the batter into the tin and bake for 30 mins, or until golden and springy to the touch.
- ☐ To make the frosting, beat together the cheese, butter, icing sugar, orange zest and 1 tsp of the juice till smooth and creamy, then set aside in the fridge. When the cake is done, cool for 5 mins then turn it onto a cooling rack. Prick it all over with a skewer and drizzle with the rest of the orange juice while still warm. Leave to cool completely.
- ☐ If you like, trim the edges of the cake. Give the frosting a quick beat to loosen, then, using a palette knife, spread over the top of the cake in peaks and swirls. If youre making the cake ahead, keep it in the fridge then take out as many pieces as you want 30 mins or so before serving. Will keep, covered, for up to 3 days in the fridge.

Nutrition Facts



PROTEIN 5.16% **FAT 44.14%** **CARBS 50.7%**

Properties

Glycemic Index:23.64, Glycemic Load:14.87, Inflammation Score:-10, Nutrition Score:10.433478334676%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 428.5kcal (21.42%), Fat: 21.59g (33.22%), Saturated Fat: 12.93g (80.8%), Carbohydrates: 55.8g (18.6%), Net Carbohydrates: 54.03g (19.65%), Sugar: 34.64g (38.49%), Cholesterol: 97.96mg (32.65%), Sodium: 435.17mg (18.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.36%), Vitamin A: 4275.64IU (85.51%), Selenium: 13.46µg (19.23%), Manganese: 0.34mg (17.19%), Vitamin C: 11.12mg (13.48%), Phosphorus: 88.19mg (8.82%), Potassium: 304.08mg (8.69%), Vitamin E: 1.26mg (8.43%), Vitamin B2: 0.14mg (7.99%), Fiber: 1.77g (7.07%), Calcium: 70.54mg (7.05%), Vitamin B6: 0.14mg (6.88%), Magnesium: 26.49mg (6.62%), Copper: 0.13mg (6.42%), Folate: 25.31µg (6.33%), Iron: 1.09mg (6.05%), Vitamin B5: 0.55mg (5.54%), Vitamin B1: 0.07mg (4.34%), Vitamin B3: 0.82mg (4.1%), Zinc: 0.51mg (3.42%), Vitamin B12: 0.17µg (2.77%), Vitamin K: 2.6µg (2.48%), Vitamin D: 0.23µg (1.56%)