



Harvest Loaf Cake

READY IN



100 min.

SERVINGS



6

CALORIES



692 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter
- 0.8 cup pumpkin canned
- 0.3 cup confectioners' sugar
- 2 eggs
- 1.8 cups flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground ginger

- 0.3 teaspoon ground nutmeg
- 2 tablespoons heavy cream
- 1.5 teaspoons salt
- 0.8 cup semi chocolate chips
- 0.8 cup walnuts chopped
- 1 cup sugar white

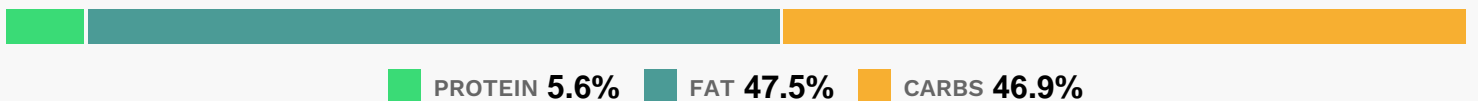
Equipment

- bowl
- oven
- loaf pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x5 inch loaf pan. In a medium bowl, mix flour, soda, salt, 3/4 teaspoon nutmeg, ginger and cloves. Set aside.
- In a large bowl, cream butter and sugar until light and fluffy. Beat in the eggs.
- Add flour mixture alternately with pumpkin. Stir in chocolate chips and 1/2 cup of the walnuts.
- Pour batter into loaf pan.
- Sprinkle remaining nuts on top.
- Bake at 350 degrees F (175 degrees C) for 65 to 70 minutes or until toothpick inserted into center of cake comes out clean. While still warm, drizzle with glaze. Cool for 6 hours before serving.
- to make the glaze: In a medium bowl, combine confectioners sugar, nutmeg and cinnamon.
- Mix and add 1 to 2 teaspoons cream until drizzling consistency.

Nutrition Facts



Properties

Glycemic Index:48.35, Glycemic Load:43.63, Inflammation Score:-10, Nutrition Score:19.590434753377%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 692.09kcal (34.6%), Fat: 37.31g (57.39%), Saturated Fat: 17.32g (108.25%), Carbohydrates: 82.88g (27.63%), Net Carbohydrates: 78.09g (28.4%), Sugar: 48.15g (53.5%), Cholesterol: 102.23mg (34.08%), Sodium: 913.35mg (39.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.35mg (6.45%), Protein: 9.89g (19.77%), Vitamin A: 5406.42IU (108.13%), Manganese: 1.27mg (63.58%), Copper: 0.62mg (30.77%), Selenium: 20.27µg (28.96%), Iron: 4.32mg (23.98%), Vitamin B1: 0.36mg (23.94%), Folate: 92.52µg (23.13%), Magnesium: 81.27mg (20.32%), Phosphorus: 196.36mg (19.64%), Fiber: 4.79g (19.18%), Vitamin B2: 0.32mg (18.85%), Vitamin B3: 2.66mg (13.3%), Zinc: 1.59mg (10.61%), Potassium: 329.14mg (9.4%), Vitamin K: 8.82µg (8.4%), Vitamin E: 1.24mg (8.25%), Vitamin B6: 0.15mg (7.43%), Vitamin B5: 0.69mg (6.93%), Calcium: 60.74mg (6.07%), Vitamin B12: 0.21µg (3.52%), Vitamin D: 0.37µg (2.49%), Vitamin C: 1.51mg (1.83%)