



Holiday Sweet Potato Cake

READY IN



130 min.

SERVINGS



12

CALORIES



487 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups flour all-purpose
- 1 cup granulated sugar
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.8 teaspoon salt
- 1.5 teaspoons ground cinnamon
- 2 cups sweet potatoes and into shredded peeled (1 large)
- 0.8 cup vegetable oil
- 1 teaspoon vanilla

- 3 eggs
- 8 ounces pineapple rings crushed undrained canned
- 0.8 cup cranberries dried sweetened
- 0.5 cup butter softened
- 8 ounces cream cheese softened
- 3 cups powdered sugar
- 1 teaspoon vanilla

Equipment

- bowl
- oven
- wire rack
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. Grease bottoms and sides of 2 round pans, 9x1 1/2 inches, with shortening; lightly flour.
- In large bowl, mix flour, granulated sugar, baking powder, baking soda, salt and cinnamon.
- Add sweet potato, oil, 1 teaspoon vanilla, the eggs and pineapple with juice. Beat with electric mixer on medium speed 2 minutes. Stir in cranberries.
- Pour into pans.
- Bake 25 to 35 minutes or until toothpick inserted in center of cake comes out clean. Cool 5 minutes; remove from pans to wire rack. Cool completely, about 1 hour.
- In medium bowl, beat all Cream Cheese Frosting ingredients with electric mixer on medium speed until smooth. Fill layers and frost side and top of cake.
- Garnish edge with additional dried cranberries if desired. Store covered in refrigerator.

Nutrition Facts



■ PROTEIN 4.24% ■ FAT 33.13% ■ CARBS 62.63%

Properties

Glycemic Index:27.26, Glycemic Load:25.71, Inflammation Score:-9, Nutrition Score:10.199999829997%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 487.12kcal (24.36%), Fat: 18.26g (28.1%), Saturated Fat: 6.2g (38.77%), Carbohydrates: 77.7g (25.9%), Net Carbohydrates: 75.69g (27.52%), Sugar: 55.99g (62.21%), Cholesterol: 60.01mg (20%), Sodium: 450.06mg (19.57%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 5.25g (10.51%), Vitamin A: 3806.52IU (76.13%), Selenium: 12.61µg (18.01%), Vitamin B1: 0.21mg (14.06%), Manganese: 0.27mg (13.6%), Vitamin B2: 0.23mg (13.49%), Folate: 48.49µg (12.12%), Phosphorus: 86.53mg (8.65%), Iron: 1.48mg (8.24%), Fiber: 2.01g (8.03%), Vitamin B3: 1.48mg (7.41%), Vitamin E: 1.03mg (6.89%), Vitamin K: 6.69µg (6.37%), Calcium: 63.53mg (6.35%), Vitamin B5: 0.57mg (5.7%), Copper: 0.1mg (5.23%), Vitamin B6: 0.1mg (5.16%), Potassium: 171.34mg (4.9%), Magnesium: 16.89mg (4.22%), Zinc: 0.49mg (3.24%), Vitamin C: 2.35mg (2.85%), Vitamin B12: 0.15µg (2.48%), Vitamin D: 0.22µg (1.47%)