



WHATSheATE



Kabocha Squash Cake with Brown Sugar Cream

READY IN



45 min.

SERVINGS



6

CALORIES



609 kcal

DESSERT

Ingredients

- ☐ 0.8 cup flour
- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 3 large egg whites
- ☐ 0.5 teaspoon gelatin powder unflavored
- ☐ 0.7 cup brown sugar packed ()
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 cups cup heavy whipping cream

- ☐ 2 cups kabocha squash peeled seeded (from one 3-pound squash)
- ☐ 0.3 cup lager (mild-flavored beer)
- ☐ 6 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 vanilla pod split
- ☐ 1 tablespoon water
- ☐ 1 cup milk whole

Equipment

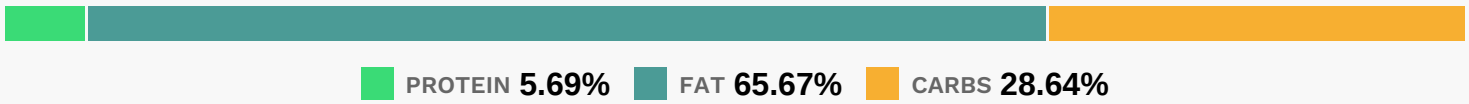
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Place 1 tablespoon water in cup.
- ☐ Sprinkle gelatin over.
- ☐ Let stand 10 minutes to soften.
- ☐ Stir cream and sugar in medium saucepan over medium heat until sugar dissolves.
- ☐ Add egg whites and whisk until mixture thickens, about 12 minutes (do not boil).
- ☐ Add gelatin mixture; whisk until dissolved. Strain into large clean bowl. Chill until cold. Cover and chill overnight.
- ☐ Combine squash and milk in heavy small saucepan. Scrape in seeds from vanilla bean; add bean. Bring to simmer over medium heat. Partially cover, reduce heat to medium-low, and simmer until squash is very tender, about 20 minutes.
- ☐ Remove vanilla bean.
- ☐ Drain squash.
- ☐ Place in processor and blend until smooth. DO AHEAD: Can be made 1 day ahead. Cover and chill.

- ☐
- Preheat oven to 375°F. Spray six 3/4cup ramekins with nonstick spray.
- ☐
- Place 1/2 cup squash puree in large bowl (reserve remaining puree for another use).
- ☐
- Add sugar, oil, beer, and egg to puree and beat to blend. Sift flour, cinnamon, baking soda, and salt over; beat to blend. Divide batter among prepared ramekins.
- ☐
- Bake cakes until tester inserted into center comes out clean, about 18 minutes. Cool cakes in ramekins. Turn out onto plates. Beat brown sugar cream to firm peaks; spoon alongside cakes.

Nutrition Facts



Properties

Glycemic Index:26.42, Glycemic Load:9.49, Inflammation Score:-8, Nutrition Score:11.319565151049%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 609.02kcal (30.45%), Fat: 45.09g (69.37%), Saturated Fat: 21.23g (132.7%), Carbohydrates: 44.25g (14.75%), Net Carbohydrates: 43.16g (15.69%), Sugar: 29.03g (32.25%), Cholesterol: 125.53mg (41.84%), Sodium: 228.76mg (9.95%), Alcohol: 0.38g (100%), Alcohol %: 0.19% (100%), Protein: 8.78g (17.57%), Vitamin A: 1806.15IU (36.12%), Vitamin B2: 0.42mg (24.72%), Selenium: 14.95µg (21.36%), Vitamin E: 2.91mg (19.42%), Calcium: 144.18mg (14.42%), Phosphorus: 134.42mg (13.44%), Vitamin D: 1.88µg (12.56%), Vitamin B1: 0.18mg (11.83%), Folate: 46.57µg (11.64%), Manganese: 0.22mg (11.11%), Vitamin K: 11.64µg (11.08%), Potassium: 362.91mg (10.37%), Iron: 1.46mg (8.11%), Vitamin B6: 0.15mg (7.48%), Vitamin B12: 0.44µg (7.29%), Vitamin B5: 0.69mg (6.92%), Vitamin B3: 1.31mg (6.56%), Vitamin C: 5.24mg (6.35%), Magnesium: 25.09mg (6.27%), Zinc: 0.67mg (4.48%), Copper: 0.09mg (4.46%), Fiber: 1.09g (4.36%)