



Maple-Pecan Snack Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



244 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 1 large eggs
- ☐ 11.3 ounces flour all-purpose
- ☐ 1 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 cup maple syrup
- ☐ 2.5 tablespoons maple syrup
- ☐ 0.3 cup pecans toasted chopped

- ☐ 1.5 cups powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon whipping cream

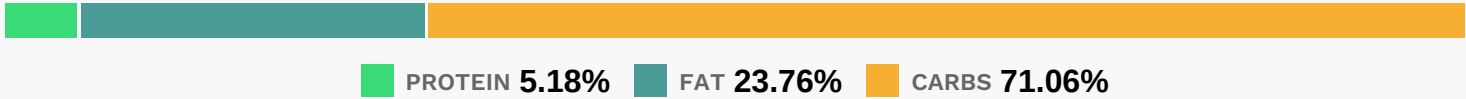
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, combine first 5 ingredients, stirring well with a whisk.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, 1/4 cup pecans, and 1/2 teaspoon salt in a large bowl, stirring with a whisk.
- ☐ Add syrup mixture to flour mixture; stir until well blended.
- ☐ Pour batter into a 9-inch square baking pan coated with cooking spray.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool completely on wire rack.
- ☐ To prepare frosting, combine sugar, 2 1/2 tablespoons syrup, cream, and 1/8 teaspoon salt. Beat with a mixer at medium speed until smooth.
- ☐ Spread frosting evenly over cooled cake; sprinkle with 1/4 cup pecans.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:16.73, Inflammation Score:-2, Nutrition Score:6.3139130175114%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 244.22kcal (12.21%), Fat: 6.46g (9.93%), Saturated Fat: 3.22g (20.13%), Carbohydrates: 43.44g (14.48%), Net Carbohydrates: 42.74g (15.54%), Sugar: 25.16g (27.96%), Cholesterol: 25.34mg (8.45%), Sodium: 201.41mg (8.76%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 3.17g (6.34%), Manganese: 0.75mg (37.47%), Vitamin B2: 0.43mg (25.46%), Vitamin B1: 0.19mg (12.7%), Selenium: 8.36µg (11.94%), Folate: 40.05µg (10.01%), Vitamin B3: 1.23mg (6.16%), Iron: 1.07mg (5.93%), Calcium: 53.21mg (5.32%), Phosphorus: 44.05mg (4.4%), Potassium: 117.77mg (3.36%), Vitamin A: 167.4IU (3.35%), Magnesium: 13.31mg (3.33%), Zinc: 0.5mg (3.32%), Fiber: 0.7g (2.81%), Copper: 0.05mg (2.74%), Vitamin B12: 0.1µg (1.6%), Vitamin B5: 0.16mg (1.56%), Vitamin E: 0.2mg (1.35%), Vitamin B6: 0.02mg (1.05%)