

## Pecan Pie Cake II

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



247 kcal

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter
- 0.3 cup plus light
- 3 eggs beaten
- 2.5 cups flour all-purpose
- 1 cup pecans chopped
- 0.5 teaspoon salt

- 1 teaspoon vanilla extract
- 1.3 cups sugar white

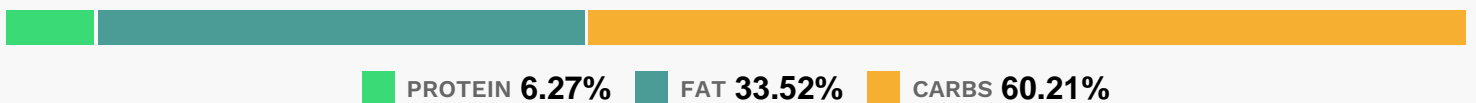
## Equipment

- bowl
- frying pan
- sauce pan
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- In a large bowl, combine flour, salt, soda and baking powder.
- Add 1 1/2 cup sugar, 1/2 cup margarine, 2 eggs and vanilla; mix well. reserve 2/3 cup of batter for filling.
- Spread remaining batter in 9x13 inch pan.
- Bake the cake base for 15 minutes.
- In a saucepan, heat corn syrup, 1 1/4 cups sugar and 1/4 cup margarine until melted and hot.
- Remove from heat and beat in reserved 2/3 cup of cake batter. Stir in 3 eggs and add pecans.
- Pour on top of cake. Return to oven and bake an additional 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:21.07, Glycemic Load:24.03, Inflammation Score:-2, Nutrition Score:5.6413043287137%

## Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin

3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

## **Nutrients (% of daily need)**

Calories: 246.85kcal (12.34%), Fat: 9.41g (14.47%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 36.75g (13.36%), Sugar: 21.41g (23.79%), Cholesterol: 40.87mg (13.62%), Sodium: 169.08mg (7.35%), Alcohol: 0.09g (100%), Alcohol %: 0.18% (100%), Protein: 3.96g (7.92%), Manganese: 0.47mg (23.65%), Selenium: 10.22µg (14.6%), Vitamin B1: 0.22mg (14.57%), Folate: 43.97µg (10.99%), Vitamin B2: 0.16mg (9.25%), Iron: 1.33mg (7.38%), Vitamin B3: 1.32mg (6.62%), Phosphorus: 63.9mg (6.39%), Copper: 0.13mg (6.25%), Fiber: 1.26g (5.04%), Zinc: 0.62mg (4.13%), Magnesium: 14.63mg (3.66%), Vitamin B5: 0.29mg (2.93%), Vitamin A: 146.13IU (2.92%), Calcium: 22.87mg (2.29%), Vitamin B6: 0.04mg (1.98%), Vitamin E: 0.29mg (1.96%), Potassium: 65.96mg (1.88%), Vitamin B12: 0.08µg (1.41%), Vitamin D: 0.18µg (1.17%)