



WHATSheATE



Pecan Spice Cake with Maple Frosting



Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



326 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 tablespoon butter
- ☐ 1 cup buttermilk
- ☐ 1 Dash ground cloves
- ☐ 3 large eggs

- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup heavy whipping cream
- ☐ 0.3 cup maple syrup
- ☐ 0.3 cup pecans toasted chopped
- ☐ 2 tablespoons pecans toasted chopped
- ☐ 2 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract

Equipment

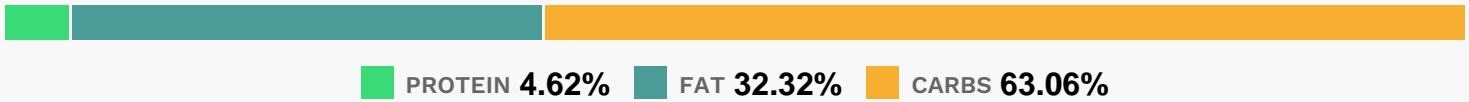
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35

- ☐ To prepare cake, coat 2 (8-inch) round metal cake pans with cooking spray. Line bottoms of pans with wax paper; coat with cooking spray. Dust each pan with 1 teaspoon flour. Weigh or lightly spoon 9 ounces flour (about 2 cups) into dry measuring cups; level with a knife.
- ☐ Combine 9 ounces flour, baking soda, and next 4 ingredients (through cloves), stirring well with a whisk.
- ☐ Place 1 cup brown sugar and 1/2 cup butter in a large mixing bowl; beat with a mixer at medium-high speed until light and fluffy (about 3 minutes).
- ☐ Add eggs, 1 at a time, beating well after each addition. Beat in 1 teaspoon vanilla.
- ☐ Add flour mixture and buttermilk alternately to butter mixture, beginning and ending with flour mixture and beating just until combined. Fold in 1/3 cup pecans. Divide batter evenly between prepared pans.
- ☐ Bake at 350 for 24 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 5 minutes on wire racks. Invert cake layers onto racks; cool completely. Discard wax paper.
- ☐ To prepare frosting, place 1/2 cup brown sugar, heavy whipping cream, maple syrup, 1 tablespoon butter, and dash of salt in a heavy saucepan over medium-high heat; bring to a boil, stirring just until sugar dissolves. Cook 3 minutes, without stirring. Scrape brown sugar mixture into a bowl.
- ☐ Add powdered sugar; beat with a mixer at high speed 2 minutes or until slightly cooled and thick. Beat in 1/2 teaspoon vanilla.
- ☐ Place 1 cake layer on a plate.
- ☐ Spread about 3/4 cup frosting evenly over 1 layer; top with second layer.
- ☐ Spread remaining frosting over sides and top of cake; sprinkle with 2 tablespoons pecans.
- ☐ Let the cake stand until frosting sets.

Nutrition Facts



Properties

Glycemic Index:25.78, Glycemic Load:10.25, Inflammation Score:-3, Nutrition Score:5.7643478260092%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 326.48kcal (16.32%), Fat: 11.9g (18.31%), Saturated Fat: 5.78g (36.14%), Carbohydrates: 52.26g (17.42%), Net Carbohydrates: 51.43g (18.7%), Sugar: 38.81g (43.13%), Cholesterol: 57.86mg (19.29%), Sodium: 197.66mg (8.59%), Alcohol: 0.13g (100%), Alcohol %: 0.17% (100%), Protein: 3.83g (7.66%), Manganese: 0.45mg (22.5%), Selenium: 9.48µg (13.55%), Vitamin B2: 0.23mg (13.45%), Vitamin B1: 0.16mg (10.89%), Folate: 35.62µg (8.9%), Vitamin A: 331.47IU (6.63%), Iron: 1.18mg (6.53%), Phosphorus: 63.3mg (6.33%), Calcium: 55.63mg (5.56%), Vitamin B3: 1.04mg (5.18%), Copper: 0.09mg (4.39%), Magnesium: 14.01mg (3.5%), Vitamin B5: 0.35mg (3.47%), Zinc: 0.51mg (3.41%), Fiber: 0.83g (3.31%), Potassium: 110.69mg (3.16%), Vitamin D: 0.44µg (2.95%), Vitamin B12: 0.17µg (2.87%), Vitamin E: 0.39mg (2.63%), Vitamin B6: 0.05mg (2.31%)