



Praline-Pumpkin Cake

READY IN



135 min.

SERVINGS



16

CALORIES



468 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 0.3 cup whipping cream
- 1 cup brown sugar packed
- 0.8 cup pecans coarsely chopped
- 1 box cake mix yellow
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.5 cup water
- 0.3 cup vegetable oil
- 4 eggs

- 1.5 teaspoons pumpkin pie spice
- 16 oz cream cheese frosting
- 1 serving mrs richardson's butterscotch caramel sauce
- 1 serving pecans coarsely chopped

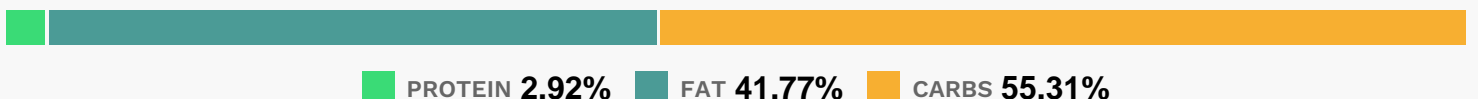
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer

Directions

- Heat oven to 325°F. In 1-quart heavy saucepan, stir together butter, whipping cream and brown sugar. Cook over low heat, stirring occasionally, just until butter is melted.
- Pour into two ungreased 9- or 8-inch round cake pans; sprinkle evenly with 3/4 cup pecans.
- In large bowl, beat cake mix, pumpkin, water, oil, eggs and 1 teaspoon of the pumpkin pie spice with electric mixer on low speed until moistened, then on medium speed 2 minutes, scraping bowl occasionally. Carefully spoon batter over pecan mixture in each pan.
- Bake 41 to 47 minutes or until cake springs back when touched lightly in center. Cool 5 minutes; remove from pans to cooling rack. Cool completely, about 1 hour.
- Stir remaining 1/2 teaspoon pumpkin pie spice into frosting. To assemble cake, place 1 layer, praline side up, on serving plate.
- Spread with half of the frosting. Top with second layer, praline side up; spread remaining frosting to edge of layer.
- Drizzle with caramel topping and additional pecans. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.02, Inflammation Score:-8, Nutrition Score:8.0395653144173%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg

Nutrients (% of daily need)

Calories: 467.67kcal (23.38%), Fat: 22.21g (34.17%), Saturated Fat: 5.23g (32.7%), Carbohydrates: 66.18g (22.06%), Net Carbohydrates: 63.87g (23.22%), Sugar: 47.13g (52.37%), Cholesterol: 45.12mg (15.04%), Sodium: 420.84mg (18.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (6.99%), Vitamin A: 1773.73IU (35.47%), Manganese: 0.41mg (20.43%), Phosphorus: 150.25mg (15.03%), Calcium: 103.77mg (10.38%), Vitamin B2: 0.16mg (9.6%), Fiber: 2.31g (9.25%), Vitamin K: 9.68µg (9.21%), Folate: 34.64µg (8.66%), Vitamin B1: 0.12mg (7.84%), Iron: 1.36mg (7.55%), Vitamin E: 1.12mg (7.44%), Selenium: 5.2µg (7.42%), Copper: 0.12mg (5.97%), Vitamin B5: 0.56mg (5.61%), Vitamin B3: 0.91mg (4.53%), Vitamin B6: 0.09mg (4.48%), Magnesium: 16.24mg (4.06%), Zinc: 0.53mg (3.55%), Potassium: 112.47mg (3.21%), Vitamin B12: 0.15µg (2.46%), Vitamin D: 0.28µg (1.86%)