



## Praline Pumpkin Torte

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



481 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.8 cup brown sugar packed
- 0.3 cup butter
- 4 large eggs
- 2 cups flour all-purpose
- 1.7 cups granulated sugar

- 1 cup pecans chopped
- 0.3 cup powdered sugar
- 2 cups pumpkin canned cooked
- 2 teaspoons pumpkin pie spice (or)
- 1 teaspoon salt
- 1 teaspoon vanilla
- 1 cup vegetable oil
- 3 tablespoons whipping cream

## Equipment

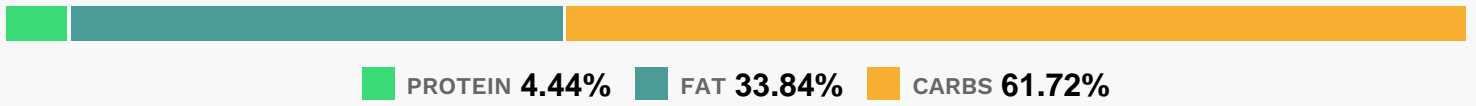
- bowl
- frying pan
- oven
- whisk
- hand mixer
- toothpicks

## Directions

- Preheat oven to 35
- Butter two 9-inch round cake pans. Line bottoms of pans with cooking parchment. In a heavy 1- to 2-quart pan over low heat, stir brown sugar, butter, and 3 tablespoons whipping cream until melted and blended, about 5 minutes.
- Pour half the brown sugar mixture into each of the cake pans.
- Sprinkle 3/4 cup chopped pecans evenly into pans.
- In a bowl, with a spoon, beat eggs, granulated sugar, and oil until well blended. Stir in pumpkin and 1/2 teaspoon vanilla. In a bowl, whisk together flour, baking powder, pumpkin pie spice, baking soda, and salt to blend.
- Whisk dry ingredients into pumpkin mixture until well blended.
- Pour half the batter into each of the pans; smooth top.
- Bake until a toothpick inserted in center of cakes comes out clean, 30 to 35 minutes.

- Let cool in pans on racks about 5 minutes, then invert onto racks and remove pans and paper.
- Let cool completely, about 1 1/2 hours.
- Up to 6 hours before serving, in a bowl, with an electric mixer on high speed, beat remaining 1 3/4 cups whipping cream until soft peaks form. On low speed, beat in powdered sugar and remaining 1/2 teaspoon vanilla just until blended. Set one cake layer, pecan praline side up, on a serving platter.
- Spread two-thirds of the whipped cream mixture over the top. Set second layer, praline side up, on top. Cover with remaining whipped cream mixture.
- Sprinkle with remaining 1/4 cup chopped pecans.

## Nutrition Facts



### Properties

Glycemic Index:30.76, Glycemic Load:31.94, Inflammation Score:-8, Nutrition Score:10.283478239308%

### Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

### Nutrients (% of daily need)

Calories: 481.16kcal (24.06%), Fat: 18.58g (28.59%), Saturated Fat: 5.8g (36.28%), Carbohydrates: 76.24g (25.41%), Net Carbohydrates: 74.66g (27.15%), Sugar: 58.04g (64.48%), Cholesterol: 79.79mg (26.6%), Sodium: 429.72mg (18.68%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 5.49g (10.98%), Vitamin A: 1954.5IU (39.09%), Manganese: 0.65mg (32.63%), Selenium: 13.3µg (19%), Vitamin B1: 0.24mg (16.09%), Vitamin B2: 0.23mg (13.4%), Folate: 51.74µg (12.94%), Iron: 2mg (11.11%), Phosphorus: 108.98mg (10.9%), Copper: 0.19mg (9.65%), Calcium: 91.6mg (9.16%), Vitamin K: 7.98µg (7.6%), Vitamin B3: 1.51mg (7.54%), Vitamin E: 1mg (6.69%), Fiber: 1.58g (6.33%), Magnesium: 23.44mg (5.86%), Zinc: 0.87mg (5.79%), Potassium: 193.4mg (5.53%), Vitamin B5: 0.54mg (5.36%), Vitamin B6: 0.08mg (4.13%), Vitamin B12: 0.17µg (2.75%), Vitamin D: 0.39µg (2.62%), Vitamin C: 1.94mg (2.35%)