



Praline-Pumpkin Torte

READY IN



45 min.

SERVINGS



8

CALORIES



637 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 15 ounce pumpkin puree canned
- ☐ 4 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup pecans chopped
- ☐ 8 servings pecans chopped

- ☐ 2 teaspoons pumpkin pie spice
- ☐ 1 teaspoon salt
- ☐ 1.7 cups sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 cup vegetable oil
- ☐ 8 servings whipped cream
- ☐ 3 tablespoons whipping cream

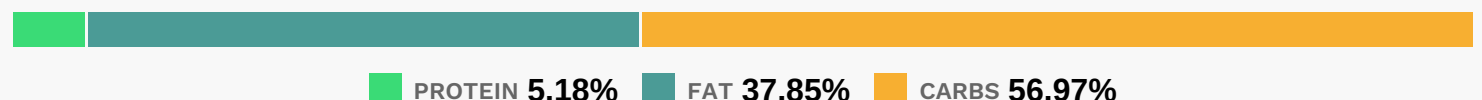
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Cook first 3 ingredients in a saucepan over low heat, stirring until sugar dissolves.
- ☐ Pour into 2 greased 9-inch round cakepans; sprinkle evenly with 3/4 cup pecans. Cool.
- ☐ Beat eggs, sugar, and oil at medium speed with an electric mixer.
- ☐ Add pumpkin and vanilla; beat well.
- ☐ Combine flour and next 4 ingredients; add to pumpkin mixture, beating until blended. Spoon batter evenly into prepared cakepans.
- ☐ Bake at 350 for 30 to 35 minutes or until a wooden pick inserted in center comes out clean. Cool cake layers in pans on wire racks 5 minutes; remove from pans, and cool on wire racks.
- ☐ Place 1 cake layer on a serving plate, praline side up; spread evenly with Whipped Cream Topping. Top with remaining layer, praline side up, and spread remaining Whipped Cream Topping over top of cake.
- ☐ Sprinkle cake with chopped pecans. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:39.01, Glycemic Load:47.05, Inflammation Score:-10, Nutrition Score:17.66869565715%

Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg

Nutrients (% of daily need)

Calories: 637.21kcal (31.86%), Fat: 27.53g (42.36%), Saturated Fat: 6.17g (38.56%), Carbohydrates: 93.25g (31.08%), Net Carbohydrates: 89.71g (32.62%), Sugar: 64.66g (71.85%), Cholesterol: 103.92mg (34.64%), Sodium: 669.92mg (29.13%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 8.48g (16.96%), Vitamin A: 8877.27IU (177.55%), Manganese: 0.9mg (44.98%), Selenium: 19.71µg (28.15%), Vitamin B1: 0.35mg (23.14%), Vitamin B2: 0.34mg (19.92%), Folate: 78.61µg (19.65%), Vitamin K: 19.52µg (18.6%), Iron: 3.3mg (18.33%), Phosphorus: 167.04mg (16.7%), Fiber: 3.54g (14.15%), Copper: 0.27mg (13.56%), Calcium: 132.87mg (13.29%), Vitamin E: 1.84mg (12.27%), Vitamin B3: 2.23mg (11.17%), Magnesium: 39.84mg (9.96%), Vitamin B5: 0.9mg (8.97%), Zinc: 1.2mg (7.99%), Potassium: 273.6mg (7.82%), Vitamin B6: 0.13mg (6.27%), Vitamin B12: 0.26µg (4.31%), Vitamin D: 0.61µg (4.09%), Vitamin C: 2.53mg (3.06%)