



Praline Pumpkin Torte

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



429 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup firmly 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

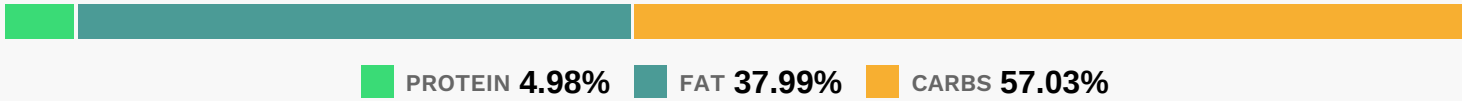
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks

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:10.102608618529%

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: 428.91kcal (21.45%), Fat: 18.58g (28.59%), Saturated Fat: 5.8g (36.28%), Carbohydrates: 62.76g (20.92%), Net Carbohydrates: 61.17g (22.25%), Sugar: 44.7g (49.66%), Cholesterol: 79.79mg (26.6%), Sodium: 425.87mg (18.52%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 5.47g (10.95%), Vitamin A: 1954.5IU (39.09%), Manganese: 0.64mg (32.19%), Selenium: 13.14µg (18.77%), Vitamin B1: 0.24mg (16.09%), Vitamin B2: 0.23mg (13.4%), Folate: 51.61µg (12.9%), Phosphorus: 108.43mg (10.84%), Iron: 1.9mg (10.57%), Copper: 0.19mg (9.33%), Calcium: 80.18mg (8.02%), Vitamin K: 7.98µg (7.6%), Vitamin B3: 1.49mg (7.47%), Vitamin E: 1mg (6.69%), Fiber: 1.58g (6.33%), Zinc: 0.86mg (5.77%), Magnesium: 22.2mg (5.55%), Vitamin B5: 0.52mg (5.18%), Potassium: 175.11mg (5%), Vitamin B6: 0.08mg (3.85%), Vitamin B12: 0.17µg (2.75%), Vitamin D: 0.39µg (2.62%), Vitamin C: 1.94mg (2.35%)