



Pumpkin and Spiced-Cider Pudding Cake

READY IN



80 min.

SERVINGS



9

CALORIES



291 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.8 cup granulated sugar
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon pumpkin pie spice
- 0.3 teaspoon salt
- 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 2 tablespoons vegetable oil
- 0.3 cup milk
- 1.5 cups apple cider refrigerated

- 1 tablespoon butter
- 1 cup brown sugar packed
- 2 tablespoons cornstarch
- 0.3 teaspoon pumpkin pie spice

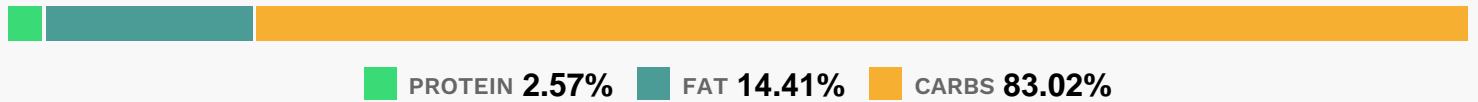
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Heat oven to 350°. Stir together flour, granulated sugar, baking powder, 1/2 teaspoon pumpkin pie spice and the salt in medium bowl. Stir in pumpkin, oil and milk just until moistened.
- Spread in ungreased square baking dish, 8x8x2 inches.
- Heat apple cider and butter to boiling in 1-quart saucepan over medium-high heat.
- Meanwhile, mix brown sugar, cornstarch and 1/4 teaspoon pumpkin pie spice in small bowl.
- Sprinkle over pumpkin batter in baking dish.
- Pour boiling cider mixture over all.
- Bake 40 to 45 minutes or until top is golden brown and edges are bubbly. Cool 15 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:35.09, Glycemic Load:21.43, Inflammation Score:-7, Nutrition Score:5.4752174045729%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 291.09kcal (14.55%), Fat: 4.77g (7.34%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 61.9g (20.63%), Net Carbohydrates: 60.16g (21.87%), Sugar: 44.5g (49.45%), Cholesterol: 0.81mg (0.27%), Sodium: 216.37mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.83%), Vitamin A: 1312.15IU (26.24%), Manganese: 0.23mg (11.41%), Calcium: 93.48mg (9.35%), Vitamin B1: 0.12mg (8.26%), Selenium: 5.5µg (7.86%), Folate: 30.97µg (7.74%), Fiber: 1.74g (6.96%), Iron: 1.17mg (6.52%), Vitamin B2: 0.11mg (6.25%), Vitamin K: 5.67µg (5.4%), Phosphorus: 52.59mg (5.26%), Vitamin B3: 0.94mg (4.71%), Potassium: 120.3mg (3.44%), Vitamin B5: 0.31mg (3.1%), Magnesium: 11mg (2.75%), Vitamin B6: 0.05mg (2.6%), Copper: 0.05mg (2.47%), Vitamin E: 0.31mg (2.1%), Zinc: 0.19mg (1.25%), Vitamin C: 0.92mg (1.12%)