



Pumpkin Angel Food Cake with Ginger-Cream Filling

READY IN



180 min.

SERVINGS



12

CALORIES



309 kcal

DESSERT

Ingredients

- 1 box angel food cake mix white
- 0.8 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 2 tablespoons candied ginger finely chopped
- 1 tablespoon flour all-purpose
- 0.3 cup powdered sugar
- 1.5 teaspoons pumpkin pie spice
- 1 cup water cold
- 2 cups whipping cream

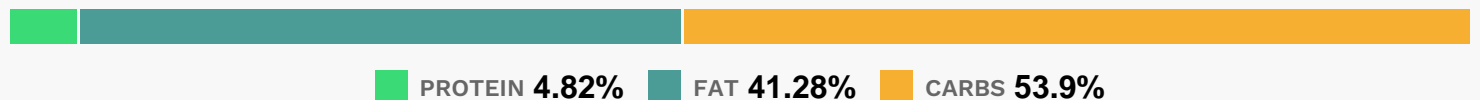
Equipment

- bowl
- frying pan
- oven
- knife
- hand mixer
- cake form
- spatula
- funnel

Directions

- Move oven rack to lowest position; heat oven to 350F. In extra-large glass or metal bowl, beat all cake ingredients with electric mixer on low speed 30 seconds. Beat on medium speed 1 minute.
- Pour into ungreased 10-inch angel food (tube) cake pan.
- Bake 37 to 47 minutes or until crust is dark golden brown and cracks are dry. Immediately turn pan upside down onto heatproof funnel or glass bottle.
- Let hang about 2 hours or until cake is completely cool. Loosen cake from side of pan with knife or long metal spatula. Turn cake upside down onto serving plate.
- In chilled large bowl, beat whipping cream and powdered sugar with electric mixer on high speed until stiff. Fold in ginger.
- Cut cake horizontally in half to make 2 even layers.
- Spread half of the filling on bottom layer; replace top of cake.
- Spread remaining filling on top of cake.
- Sprinkle with additional pumpkin pie spice if desired.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:5.9739130579907%

Nutrients (% of daily need)

Calories: 308.79kcal (15.44%), Fat: 14.48g (22.28%), Saturated Fat: 9.17g (57.34%), Carbohydrates: 42.55g (14.18%), Net Carbohydrates: 40.91g (14.88%), Sugar: 28.04g (31.15%), Cholesterol: 44.82mg (14.94%), Sodium: 357.55mg (15.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.61%), Vitamin A: 1984.04IU (39.68%), Phosphorus: 158.79mg (15.88%), Vitamin B2: 0.2mg (11.72%), Calcium: 92.6mg (9.26%), Selenium: 6.38µg (9.12%), Manganese: 0.17mg (8.28%), Fiber: 1.64g (6.57%), Folate: 24.55µg (6.14%), Vitamin D: 0.63µg (4.23%), Vitamin B5: 0.4mg (3.95%), Copper: 0.06mg (2.84%), Potassium: 97.7mg (2.79%), Magnesium: 10.3mg (2.58%), Vitamin E: 0.37mg (2.47%), Vitamin B6: 0.05mg (2.27%), Iron: 0.4mg (2.22%), Zinc: 0.21mg (1.42%), Vitamin B12: 0.08µg (1.37%), Vitamin K: 1.38µg (1.31%), Vitamin B3: 0.23mg (1.16%), Vitamin C: 0.89mg (1.08%), Vitamin B1: 0.02mg (1.06%)