



Pumpkin Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



403 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 15 ounce pumpkin puree canned
- ☐ 3 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1 teaspoon ground nutmeg

- ☐ 0.3 cup nuts chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegetable oil
- ☐ 2.5 cups sugar white

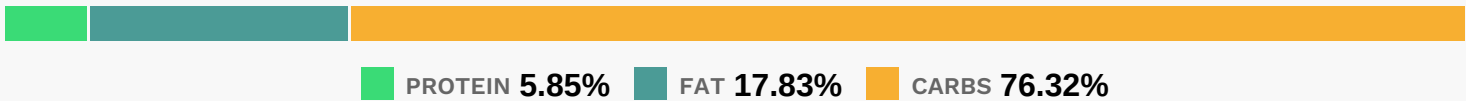
Equipment

- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease one 10 inch bundt or tube pan.
- ☐ Cream oil, beaten eggs, pumpkin and vanilla together.
- ☐ Sift the flour, sugar, baking soda, ground nutmeg, ground allspice, ground cinnamon, ground cloves and salt together.
- ☐ Add the flour mixture to the pumpkin mixture and mix until just combined. If desired, stir in some chopped nuts.
- ☐ Pour batter into the prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour or until a toothpick inserted in the middle comes out clean.
- ☐ Let cake cool in pan for 5 minutes then turn out onto a plate and sprinkle with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:26.48, Glycemic Load:52.39, Inflammation Score:-10, Nutrition Score:13.29956520122%

Nutrients (% of daily need)

Calories: 403.28kcal (20.16%), Fat: 8.17g (12.57%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 78.68g (26.23%), Net Carbohydrates: 76.02g (27.64%), Sugar: 51.55g (57.28%), Cholesterol: 49.1mg (16.37%), Sodium: 190.8mg (8.3%), Alcohol: 0.14g (100%), Alcohol %: 0.11% (100%), Protein: 6.03g (12.05%), Vitamin A: 6692.07IU (133.84%), Manganese: 0.52mg (25.99%), Selenium: 15.15µg (21.64%), Vitamin B1: 0.27mg (17.95%), Folate: 70.58µg (17.65%), Vitamin B2: 0.26mg (15.03%), Vitamin K: 15.3µg (14.57%), Iron: 2.49mg (13.85%), Vitamin B3: 2.2mg (10.98%), Fiber: 2.66g (10.64%), Phosphorus: 91.44mg (9.14%), Copper: 0.15mg (7.72%), Magnesium: 27.66mg (6.92%), Vitamin E: 0.99mg (6.58%), Vitamin B5: 0.55mg (5.55%), Potassium: 168.04mg (4.8%), Zinc: 0.62mg (4.12%), Vitamin B6: 0.07mg (3.63%), Calcium: 31.19mg (3.12%), Vitamin C: 1.89mg (2.29%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.26µg (1.76%)