

Pumpkin Cake I

READY IN



70 min.

SERVINGS



15

CALORIES



290 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 eggs
- ☐ 1 cup evaporated milk
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup pecans
- ☐ 2.5 cups pumpkin

- ☐ 0.5 cup sugar white
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

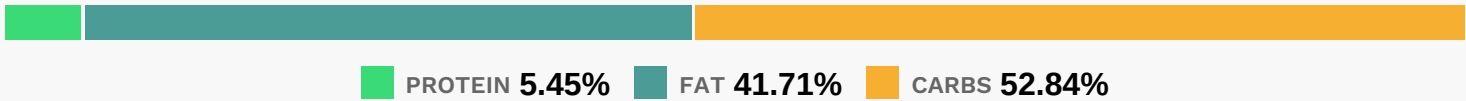
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ In a medium bowl, mix together the pumpkin, evaporated milk, eggs, sugar, cinnamon, nutmeg, cloves and ginger.
- ☐ Transfer to the baking dish.
- ☐ Sprinkle the cake mix over the pumpkin mixture.
- ☐ Drizzle with melted butter. Top with pecans.
- ☐ Bake 50 minutes in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:18.47, Glycemic Load:5.53, Inflammation Score:-8, Nutrition Score:8.1578261904095%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 289.64kcal (14.48%), Fat: 13.75g (21.16%), Saturated Fat: 5.84g (36.52%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 37.94g (13.8%), Sugar: 24.12g (26.8%), Cholesterol: 42.96mg (14.32%), Sodium: 326.38mg (14.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin A: 1911.05IU (38.22%), Manganese: 0.48mg (23.87%), Phosphorus: 181.66mg (18.17%), Calcium: 132.43mg (13.24%), Vitamin B2: 0.19mg (11.39%), Vitamin B1: 0.14mg (9.59%), Folate: 32.41µg (8.1%), Copper: 0.14mg (6.88%), Iron: 1.21mg (6.74%), Vitamin E: 0.89mg (5.92%), Selenium: 3.69µg (5.28%), Vitamin B3: 1.04mg (5.21%), Fiber: 1.26g (5.04%), Potassium: 172.32mg (4.92%), Magnesium: 19.16mg (4.79%), Zinc: 0.67mg (4.5%), Vitamin B5: 0.45mg (4.47%), Vitamin B6: 0.07mg (3.59%), Vitamin C: 2.14mg (2.59%), Vitamin K: 2.23µg (2.12%), Vitamin B12: 0.13µg (2.11%)