

# Pumpkin Cake II

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



430 kcal

DESSERT

## Ingredients

- 2 teaspoons double-acting baking powder
- 2 teaspoons baking soda
- 4 eggs
- 3 cups flour all-purpose
- 3 teaspoons ground cinnamon
- 1 teaspoon salt
- 2 cups solid pack pumpkin puree
- 1.5 cups vegetable oil

- 0.5 cup walnuts chopped
- 2 cups sugar white

## Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease and flour a 10 inch tube pan. Sift together flour, soda, baking powder, cinnamon and salt. Set aside.
- In a large bowl, combine oil and sugar.
- Add eggs one at a time and mix well.
- Add the flour mixture and beat until smooth.
- Add nuts and pumpkin and blend until smooth.
- Pour batter into greased 10 inch tube pan.
- Bake at 375 degrees F (190 degrees C) for 1 hour or until a toothpick inserted into the center of cake comes out clean. Cool in pan for 10 minutes, then turn out onto a wire rack and finish cooling. Dust with confectioners sugar before serving.

## Nutrition Facts



**PROTEIN 6.85%** **FAT 25.89%** **CARBS 67.26%**

## Properties

Glycemic Index:26.21, Glycemic Load:48.92, Inflammation Score:-10, Nutrition Score:15.757391204005%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

## Nutrients (% of daily need)

Calories: 430.31kcal (21.52%), Fat: 12.67g (19.49%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 74.05g (24.68%), Net Carbohydrates: 70.91g (25.78%), Sugar: 41.87g (46.52%), Cholesterol: 65.47mg (21.82%), Sodium: 565mg (24.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.09%), Vitamin A: 7723.85IU (154.48%), Manganese: 0.64mg (32.02%), Selenium: 18.86µg (26.94%), Vitamin B1: 0.33mg (22.22%), Folate: 88.55µg (22.14%), Vitamin K: 20.38µg (19.41%), Vitamin B2: 0.31mg (18.16%), Iron: 3.06mg (17%), Phosphorus: 130.65mg (13.07%), Fiber: 3.15g (12.58%), Vitamin B3: 2.48mg (12.4%), Copper: 0.22mg (10.86%), Vitamin E: 1.32mg (8.78%), Calcium: 87.52mg (8.75%), Magnesium: 31.46mg (7.86%), Vitamin B5: 0.67mg (6.66%), Potassium: 194.75mg (5.56%), Vitamin B6: 0.11mg (5.31%), Zinc: 0.77mg (5.13%), Vitamin C: 2.16mg (2.61%), Vitamin B12: 0.16µg (2.61%), Vitamin D: 0.35µg (2.35%)