

Pumpkin Cake III

 Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



542 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 2 teaspoons baking soda
- 4 eggs
- 3 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 2 cups pumpkin
- 1 cup semi chocolate chips
- 1 cup vegetable oil

- 1 cup walnuts chopped
- 2 cups sugar white

Equipment

- bowl
- oven
- toothpicks
- cake form

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch tube cake pan.
- In a medium bowl, mix together flour, sugar, eggs, cinnamon, baking powder, baking soda, vegetable oil and pumpkin. Stir in the chocolate chips and walnuts.
- Pour into tube cake pan.
- Bake in the preheated oven 60 to 75 minutes, or until a toothpick inserted into the cake comes out clean.

Nutrition Facts



PROTEIN 6.67% **FAT 34.35%** **CARBS 58.98%**

Properties

Glycemic Index:33.41, Glycemic Load:50, Inflammation Score:-9, Nutrition Score:15.530000116514%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg

Nutrients (% of daily need)

Calories: 541.65kcal (27.08%), Fat: 21.08g (32.43%), Saturated Fat: 5.97g (37.31%), Carbohydrates: 81.43g (27.14%), Net Carbohydrates: 78.02g (28.37%), Sugar: 47.64g (52.94%), Cholesterol: 66.55mg (22.18%), Sodium: 332.1mg (14.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.48mg (5.16%), Protein: 9.21g (18.41%), Manganese: 0.95mg (47.34%), Vitamin A: 2081.69IU (41.63%), Selenium: 20.52µg (29.31%), Copper: 0.51mg (25.5%), Vitamin B1: 0.36mg (23.91%), Folate: 92.08µg (23.02%), Iron: 3.83mg (21.27%), Vitamin B2: 0.33mg (19.13%), Phosphorus: 190.43mg (19.04%), Magnesium: 63.59mg (15.9%), Fiber: 3.41g (13.63%), Vitamin B3: 2.65mg (13.25%), Vitamin K:

10.08µg (9.6%), Zinc: 1.41mg (9.39%), Calcium: 91.39mg (9.14%), Potassium: 298.34mg (8.52%), Vitamin E: 1mg (6.67%), Vitamin B6: 0.13mg (6.48%), Vitamin B5: 0.62mg (6.24%), Vitamin B12: 0.19µg (3.15%), Vitamin C: 2.24mg (2.72%), Vitamin D: 0.35µg (2.35%)