



Pumpkin Cake with Apple Top



Vegetarian



Dairy Free

Image not found or type unknown

READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

400 kcal

Image not found or type unknown

Image not found or type unknown

Image not found or type unknown

DESSERT

Ingredients

- ☐ 1 apples cored peeled sliced
- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 egg whites beaten
- ☐ 1 egg yolk
- ☐ 2 cups flour
- ☐ 0.5 teaspoon ground cardamom
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 teaspoons ground ginger

- ☐ 2 teaspoons lemon zest
- ☐ 2 cups pumpkin puree
- ☐ 1 cup sugar
- ☐ 0.8 cup vegetable oil
- ☐ 2 teaspoons sugar white

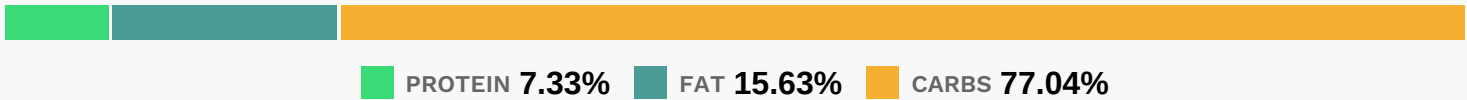
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ cake form

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Lightly grease a 9 inch round cake pan.
- ☐ Mix together the flour, sugar, baking powder, cinnamon, cardamom, lemon zest, and ginger in a large bowl.
- ☐ Add the egg yolk, pumpkin puree, and oil; mix until smooth. Gently stir the egg whites into the batter; pour into prepared pan. Arrange the apple slices atop the batter; sprinkle with sugar and cinnamon.
- ☐ Bake in preheated oven until a knife inserted into the center of the cake comes out clean, about 40 minutes. Allow to cool before serving.

Nutrition Facts



Properties

Glycemic Index:58.2, Glycemic Load:48.66, Inflammation Score:-10, Nutrition Score:17.229130335476%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 399.73kcal (19.99%), Fat: 7.12g (10.95%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 78.94g (26.31%), Net Carbohydrates: 74.15g (26.96%), Sugar: 40.75g (45.28%), Cholesterol: 32.4mg (10.8%), Sodium: 173.56mg (7.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.02%), Vitamin A: 12771.92IU (255.44%), Manganese: 0.81mg (40.32%), Selenium: 19.74µg (28.2%), Vitamin B1: 0.36mg (23.93%), Folate: 92.15µg (23.04%), Vitamin K: 24.12µg (22.97%), Vitamin B2: 0.35mg (20.49%), Iron: 3.58mg (19.89%), Fiber: 4.79g (19.16%), Vitamin B3: 2.88mg (14.41%), Phosphorus: 122.01mg (12.2%), Calcium: 121.89mg (12.19%), Vitamin E: 1.49mg (9.9%), Copper: 0.17mg (8.53%), Magnesium: 33.94mg (8.48%), Potassium: 288.56mg (8.24%), Vitamin C: 5.75mg (6.97%), Vitamin B5: 0.65mg (6.54%), Vitamin B6: 0.09mg (4.73%), Zinc: 0.57mg (3.8%), Vitamin B12: 0.07µg (1.2%), Vitamin D: 0.16µg (1.08%)