



Pumpkin Cake with Little Ghosts

READY IN



30 min.

SERVINGS



30

CALORIES



178 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon allspice
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 15 oz pumpkin puree canned
- ☐ 30 servings chocolate
- ☐ 0.5 teaspoon cinnamon
- ☐ 4 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cloves

- ☐ 0.3 teaspoon ground ginger
- ☐ 1 cup pecans coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 2 cups sugar
- ☐ 1 cup vegetable oil
- ☐ 1 cup wheat bran
- ☐ 30 servings frangelico
- ☐ 30 servings frangelico

Equipment

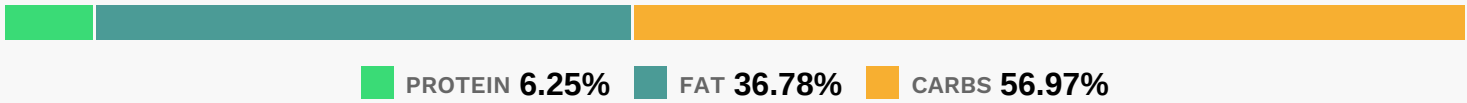
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350F. Grease and flour a 10-inch Bundt pan.
- ☐ Combine first 9 ingredients. In a separate bowl, beat eggs with an electric mixer at medium speed until foamy.
- ☐ Add pumpkin, oil and cereal, beating until combined.
- ☐ Add in dry ingredients, beating until moistened.
- ☐ Stir in chocolate chips and pecans.
- ☐ Pour batter into prepared pan.
- ☐ Bake cake for 1 hour or until a toothpick stuck into center of cake comes out clean.
- ☐ Let cool in pan on a wire rack for 15 minutes.

Drizzle Simple Chocolate Gananche over top of cake. Arrange Little Ghosts around center of cake.

Nutrition Facts



Properties

Glycemic Index:11.72, Glycemic Load:14.4, Inflammation Score:-9, Nutrition Score:7.7856521710106%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 178.37kcal (8.92%), Fat: 7.6g (11.69%), Saturated Fat: 2.23g (13.91%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 24.1g (8.76%), Sugar: 16.69g (18.55%), Cholesterol: 25.16mg (8.39%), Sodium: 114.89mg (5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.82mg (1.94%), Protein: 2.9g (5.81%), Vitamin A: 2247.47IU (44.95%), Manganese: 0.58mg (29.13%), Selenium: 7.19µg (10.28%), Fiber: 2.38g (9.53%), Copper: 0.18mg (8.84%), Magnesium: 34.03mg (8.51%), Iron: 1.45mg (8.07%), Phosphorus: 79.77mg (7.98%), Vitamin B1: 0.11mg (7.19%), Vitamin B2: 0.1mg (6.07%), Folate: 22.46µg (5.61%), Vitamin K: 5.7µg (5.43%), Vitamin B3: 0.91mg (4.57%), Zinc: 0.65mg (4.34%), Potassium: 123.15mg (3.52%), Calcium: 33.08mg (3.31%), Vitamin E: 0.47mg (3.1%), Vitamin B6: 0.06mg (2.92%), Vitamin B5: 0.29mg (2.88%), Vitamin B12: 0.07µg (1.17%)