



Pumpkin Cake With Simple Chocolate Icing

 Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



637 kcal

DESSERT

Ingredients

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

- ☐ 0.3 teaspoon ground ginger
- ☐ 10 servings simple chocolate icing
- ☐ 1 cup pecans coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semisweet chocolate morsels
- ☐ 2 cups sugar
- ☐ 1 cup vegetable oil
- ☐ 1 cup wheat bran cereal

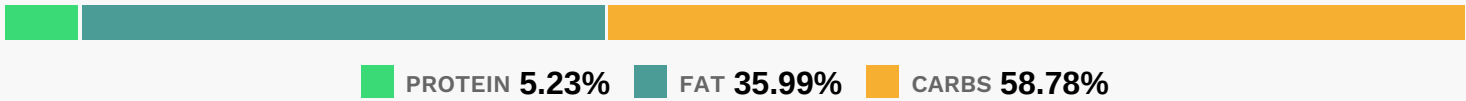
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kugelhopf pan

Directions

- ☐ Combine sugar, flour, baking powder, and next 6 ingredients.
- ☐ Beat eggs at medium speed with an electric mixture until foamy.
- ☐ Add pumpkin, vegetable oil, and wheat bran cereal, beating until combined.
- ☐ Add dry ingredients, beating just until moistened. Stir in chocolate morsels and pecans.
- ☐ Pour batter into a greased and floured 10-inch Bundt pan.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in the center comes out clean. Cool in pan 15 minutes.
- ☐ Remove cake from pan to a serving platter, and let cool 30 more minutes.
- ☐ Drizzle Simple Chocolate Icing over top of cake, allowing it to run down sides.
- ☐ Note: For testing purposes only, we used Kellogg's All-Bran cereal for wheat bran cereal.

Nutrition Facts



Properties

Glycemic Index:35.21, Glycemic Load:50.68, Inflammation Score:-10, Nutrition Score:22.198261032934%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 636.95kcal (31.85%), Fat: 26.3g (40.46%), Saturated Fat: 6.91g (43.16%), Carbohydrates: 96.64g (32.22%), Net Carbohydrates: 89.66g (32.6%), Sugar: 66.2g (73.56%), Cholesterol: 75.48mg (25.16%), Sodium: 395.72mg (17.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.48mg (5.16%), Protein: 8.59g (17.19%), Vitamin A: 6742.42IU (134.85%), Manganese: 1.73mg (86.66%), Selenium: 21.52µg (30.75%), Fiber: 6.98g (27.93%), Copper: 0.51mg (25.67%), Magnesium: 98.98mg (24.75%), Phosphorus: 239.93mg (23.99%), Iron: 4.32mg (23.99%), Vitamin B2: 0.39mg (22.76%), Vitamin B1: 0.33mg (21.7%), Vitamin K: 20.56µg (19.58%), Folate: 69.53µg (17.38%), Vitamin B3: 2.79mg (13.92%), Zinc: 1.93mg (12.85%), Vitamin E: 1.82mg (12.11%), Potassium: 370.28mg (10.58%), Calcium: 99.37mg (9.94%), Vitamin B5: 0.88mg (8.77%), Vitamin B6: 0.17mg (8.71%), Vitamin B12: 0.21µg (3.51%), Vitamin D: 0.4µg (2.67%), Vitamin C: 1.93mg (2.34%)