



WHATShEATE



Pumpkin-Chocolate Chip Cake

READY IN



75 min.

SERVINGS



15

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup pumpkin puree canned
- ☐ 1 cup chocolate chips miniature
- ☐ 3 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.5 teaspoon salt

- ☐ 1.3 cups sugar
- ☐ 8 tablespoons butter unsalted cooled melted (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Preheat oven to 350F. Mist an 8-inch square baking pan with cooking spray; line with parchment.
- ☐ Whisk together butter, sugar, eggs, pumpkin puree and vanilla in a large mixing bowl. Stir in baking soda, baking powder, pumpkin pie spice and salt. Stir in 1/2 of flour, then milk, then remaining flour, stirring until just combined (do not overmix). Fold in chocolate chips and nuts.
- ☐ Scrape batter into pan and smooth top with a rubber spatula.
- ☐ Bake until firm to the touch and a toothpick inserted in center comes out clean, 55 to 60 minutes.
- ☐ Let cake cool in pan on a wire rack for 5 minutes, then invert onto rack. Immediately turn right side up onto another rack to cool completely.
- ☐ Cut into 9 squares and serve.

Nutrition Facts



 **PROTEIN 6.33%**  **FAT 44.05%**  **CARBS 49.62%**

Properties

Glycemic Index:19.67, Glycemic Load:19.96, Inflammation Score:-9, Nutrition Score:8.4517391298128%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg

Nutrients (% of daily need)

Calories: 306.51kcal (15.33%), Fat: 15.33g (23.58%), Saturated Fat: 6.52g (40.74%), Carbohydrates: 38.86g (12.95%), Net Carbohydrates: 37.12g (13.5%), Sugar: 25.27g (28.07%), Cholesterol: 55.7mg (18.57%), Sodium: 205.51mg (8.94%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 4.95g (9.91%), Vitamin A: 2820.12IU (56.4%), Manganese: 0.42mg (20.8%), Selenium: 8.75µg (12.5%), Folate: 41.25µg (10.31%), Vitamin B1: 0.15mg (10.17%), Vitamin B2: 0.15mg (8.93%), Copper: 0.17mg (8.65%), Iron: 1.52mg (8.44%), Phosphorus: 81.54mg (8.15%), Fiber: 1.73g (6.94%), Calcium: 58.88mg (5.89%), Magnesium: 21.58mg (5.39%), Vitamin B3: 1.03mg (5.14%), Vitamin B6: 0.08mg (3.93%), Zinc: 0.53mg (3.56%), Vitamin B5: 0.36mg (3.55%), Vitamin E: 0.52mg (3.47%), Vitamin K: 3.47µg (3.31%), Potassium: 109.06mg (3.12%), Vitamin D: 0.37µg (2.48%), Vitamin B12: 0.13µg (2.18%), Vitamin C: 0.89mg (1.08%)