



Pumpkin Chocolate Dessert Cake



Vegetarian



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



709 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 15 ounce pumpkin canned
- ☐ 1 cup confectioners' sugar
- ☐ 3 eggs beaten

- ☐ 2.7 cups flour all-purpose
- ☐ 0.3 cup heavy cream
- ☐ 1.5 tablespoons pumpkin pie spice
- ☐ 0.7 cup cocoa powder unsweetened
- ☐ 2 cups sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ kugelhkopf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch Bundt pan.
- ☐ In a medium bowl, mix the flour, cocoa powder, pumpkin pie spice, baking powder and baking soda. In a large bowl, beat together 3/4 cup butter, 2 cups sugar, applesauce, and eggs.
- ☐ Mix in 1/2 cup heavy cream and pumpkin. Stir into the flour mixture just until blended.
- ☐ Spread evenly in the prepared pan.
- ☐ Bake 40 minutes in the preheated oven, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool in the pan over a wire rack. Invert cake onto a serving plate.
- ☐ Place the brown sugar, 1/2 cup butter, and 1/3 cup heavy cream in a medium saucepan. Bring to a boil while stirring to blend until smooth. Cook until sugar is dissolved.
- ☐ Whisk in the confectioner's sugar, and drizzle over the cake immediately.

Nutrition Facts



 PROTEIN **4.8%**  FAT **22.49%**  CARBS **72.71%**

Properties

Glycemic Index:35.89, Glycemic Load:58.17, Inflammation Score:-10, Nutrition Score:18.81347833509%

Flavonoids

Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg Epicatechin: 14.63mg, Epicatechin: 14.63mg, Epicatechin: 14.63mg, Epicatechin: 14.63mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 709.11kcal (35.46%), Fat: 18.51g (28.47%), Saturated Fat: 10.88g (68.03%), Carbohydrates: 134.61g (44.87%), Net Carbohydrates: 129.01g (46.91%), Sugar: 94.64g (105.15%), Cholesterol: 103.09mg (34.36%), Sodium: 374.42mg (16.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 16.48mg (5.49%), Protein: 8.89g (17.78%), Vitamin A: 8867.87IU (177.36%), Manganese: 0.84mg (42.21%), Selenium: 21.73µg (31.04%), Iron: 4.55mg (25.3%), Vitamin B1: 0.36mg (23.92%), Folate: 94.35µg (23.59%), Fiber: 5.6g (22.39%), Vitamin B2: 0.37mg (21.62%), Copper: 0.43mg (21.36%), Phosphorus: 182.88mg (18.29%), Magnesium: 64.69mg (16.17%), Vitamin B3: 2.9mg (14.5%), Calcium: 138.75mg (13.87%), Potassium: 351.67mg (10.05%), Vitamin K: 10.54µg (10.04%), Vitamin E: 1.23mg (8.18%), Zinc: 1.16mg (7.76%), Vitamin B5: 0.75mg (7.48%), Vitamin B6: 0.11mg (5.35%), Vitamin D: 0.49µg (3.26%), Vitamin C: 2.66mg (3.22%), Vitamin B12: 0.19µg (3.11%)