



Pumpkin Crumble Cake

READY IN



60 min.

SERVINGS



12

CALORIES



399 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 1 cup water
- ☐ 0.5 cup vegetable oil
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 3 eggs
- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.8 cup pecans toasted chopped
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup flour all-purpose

- ☐ 0.5 cup butter softened
- ☐ 1 serving crème fraîche
- ☐ 1 serving ground cinnamon
- ☐ 1 serving candied ginger chopped

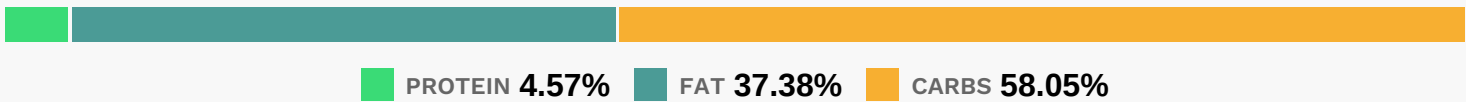
Equipment

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

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. In large bowl, beat cake ingredients with electric mixer on medium speed 2 minutes.
- ☐ Pour batter into pan.
- ☐ In medium bowl, mix topping ingredients with fork.
- ☐ Sprinkle over batter.
- ☐ Bake 45 minutes or until toothpick inserted in center comes out almost clean. Cool completely in pan on cooling rack.
- ☐ Garnish with whipped cream, cinnamon, and crystallized ginger.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:2.91, Inflammation Score:-9, Nutrition Score:11.846521538237%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg

Nutrients (% of daily need)

Calories: 399.1kcal (19.96%), Fat: 16.95g (26.08%), Saturated Fat: 6.75g (42.16%), Carbohydrates: 59.22g (19.74%), Net Carbohydrates: 54.85g (19.95%), Sugar: 27.99g (31.1%), Cholesterol: 61.85mg (20.62%), Sodium: 467.88mg (20.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Vitamin A: 3247.29IU (64.95%), Manganese: 0.63mg (31.55%), Phosphorus: 199.48mg (19.95%), Fiber: 4.37g (17.46%), Folate: 58.38µg (14.6%), Vitamin B2: 0.23mg (13.61%), Vitamin B1: 0.2mg (13.09%), Calcium: 130.01mg (13%), Iron: 1.99mg (11.07%), Selenium: 7.35µg (10.49%), Vitamin B5: 0.84mg (8.36%), Copper: 0.16mg (8.07%), Vitamin B3: 1.55mg (7.73%), Vitamin E: 0.99mg (6.6%), Vitamin B6: 0.13mg (6.51%), Magnesium: 22.33mg (5.58%), Vitamin K: 5.65µg (5.38%), Zinc: 0.72mg (4.82%), Potassium: 135.37mg (3.87%), Vitamin B12: 0.16µg (2.65%), Vitamin C: 1.37mg (1.66%), Vitamin D: 0.22µg (1.47%)