



## Pumpkin Flan Cake

 Popular

READY IN



290 min.

SERVINGS



24

CALORIES



229 kcal

DESSERT

### Ingredients

- 15 oz pumpkin divided canned
- 4 oz philadelphia cream cheese cubed softened ()
- 8 eggs divided
- 12 oz evaporated milk canned
- 1 tsp ground cinnamon
- 0.3 tsp ground cloves
- 0.3 cup oil
- 1.8 cups sugar divided

- 1 cup water divided
- 0.5 cup cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

## Equipment

- bowl
- frying pan
- sauce pan
- ladle
- oven
- knife
- blender
- toothpicks
- aluminum foil

## Directions

- Heat oven to 375F.
- Cook 1 cup sugar and 2 Tbsp. water (without stirring) in small saucepan on medium heat 5 min. or until sugar is completely dissolved and mixture is deep brown in color. Immediately pour into 12-cup fluted tube pan sprayed with cooking spray. Blend evaporated milk, cream cheese, 5 eggs, 3/4 cup pumpkin and remaining sugar in blender until smooth.
- Beat cake mix, oil, spices, 1/2 cup of the remaining pumpkin and remaining water and eggs in large bowl with mixer until blended.
- Pour over caramel in pan; gently ladle evaporated milk mixture over cake batter. Cover with foil sprayed with cooking spray, sprayed side down.
- Place in large shallow pan.
- Add enough water to larger pan to come halfway up side of tube pan.
- Bake 1-1/2 hours or until toothpick inserted near center comes out clean. Cool completely. (Do not remove dessert from pan.) Refrigerate 2 hours. Loosen dessert from sides of pan with knife. Invert onto plate; gently remove pan.

Combine COOL WHIP and remaining pumpkin. Spoon over individual servings of dessert just before serving.

## Nutrition Facts



**PROTEIN 7.11%** **FAT 31.26%** **CARBS 61.63%**

## Properties

Glycemic Index:4.25, Glycemic Load:10.25, Inflammation Score:-9, Nutrition Score:7.3960869312286%

## Nutrients (% of daily need)

Calories: 229.42kcal (11.47%), Fat: 8.11g (12.47%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 35.13g (12.78%), Sugar: 26.49g (29.43%), Cholesterol: 63.47mg (21.16%), Sodium: 210.23mg (9.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Vitamin A: 2935.57IU (58.71%), Phosphorus: 137.1mg (13.71%), Vitamin B2: 0.19mg (10.96%), Calcium: 102.63mg (10.26%), Selenium: 6.08µg (8.69%), Vitamin E: 1.16mg (7.73%), Folate: 25.29µg (6.32%), Vitamin K: 6.02µg (5.73%), Iron: 1mg (5.58%), Manganese: 0.11mg (5.28%), Vitamin B5: 0.49mg (4.92%), Vitamin B1: 0.07mg (4.53%), Potassium: 118.61mg (3.39%), Fiber: 0.84g (3.35%), Vitamin B12: 0.19µg (3.14%), Vitamin B6: 0.06mg (3.09%), Vitamin B3: 0.61mg (3.05%), Magnesium: 12.15mg (3.04%), Zinc: 0.42mg (2.78%), Copper: 0.05mg (2.57%), Vitamin D: 0.31µg (2.05%), Vitamin C: 1.02mg (1.23%)