



Pumpkin-Orange Cake

READY IN



45 min.

SERVINGS



14

CALORIES



345 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 2.8 cups cake flour sifted
- ☐ 15 ounce pumpkin puree canned
- ☐ 0.3 cup egg substitute
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 cups mandarin orange segments light drained
- ☐ 1 teaspoon orange zest grated
- ☐ 1 cup pomegranate seeds (2)
- ☐ 3 cups powdered sugar divided sifted
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

Equipment

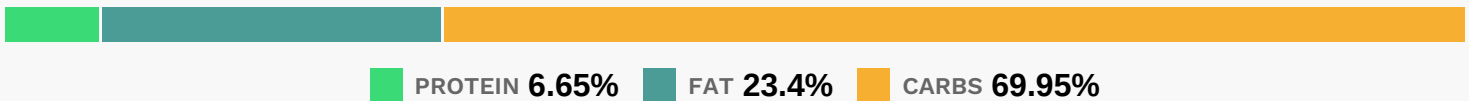
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Place granulated sugar and butter in a large bowl, and beat with a mixer at medium speed until well blended.
- ☐ Add pumpkin; beat well.
- ☐ Add egg substitute and vanilla; beat until well blended.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 6 ingredients (through nutmeg), stirring with a whisk.
- ☐ Add flour mixture and milk alternately to butter mixture, beginning and ending with flour mixture.

- ☐ Pour batter into 2 (9-inch) round cake pans coated with cooking spray; sharply tap pans on counter to remove air bubbles.
- ☐ Bake at 350 for 30 minutes or until wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Cool completely on wire rack.
- ☐ Place 1 cup powdered sugar and cream cheese in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Add remaining powdered sugar and rind; beat until fluffy.
- ☐ Place 1 cake layer on a plate.
- ☐ Spread 2/3 cup cream cheese frosting evenly over top of cake. Top with remaining cake layer; spread remaining cream cheese frosting over top, but not sides, of cake. Arrange orange slices in a ring around outer edge of top cake layer.
- ☐ Sprinkle pomegranate seeds over center of top cake layer. Store cake loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:33.08, Glycemic Load:19.07, Inflammation Score:-10, Nutrition Score:10.86260869192%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 2.79mg, Naringenin: 2.79mg, Naringenin: 2.79mg, Naringenin: 2.79mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 345.08kcal (17.25%), Fat: 9.17g (14.1%), Saturated Fat: 5.42g (33.89%), Carbohydrates: 61.66g (20.55%), Net Carbohydrates: 59.16g (21.51%), Sugar: 40.47g (44.97%), Cholesterol: 24.48mg (8.16%), Sodium: 266.33mg (11.58%), Alcohol: 0.05g (100%), Alcohol %: 0.04% (100%), Protein: 5.86g (11.72%), Vitamin A: 5188.56IU (103.77%), Selenium: 12.59µg (17.98%), Manganese: 0.29mg (14.68%), Vitamin C: 10.59mg (12.84%), Phosphorus: 101.95mg (10.19%), Calcium: 101.4mg (10.14%), Fiber: 2.51g (10.02%), Vitamin B2: 0.15mg (8.83%), Vitamin K: 7.6µg (7.24%), Potassium: 247.84mg (7.08%), Magnesium: 24.78mg (6.2%), Folate: 23.61µg (5.9%), Copper: 0.12mg (5.78%), Vitamin B5: 0.57mg (5.7%), Vitamin E: 0.84mg (5.62%), Iron: 0.9mg (5.02%), Vitamin B1: 0.07mg (4.55%), Vitamin B6: 0.08mg (3.77%), Zinc: 0.56mg (3.76%), Vitamin B3: 0.56mg (2.8%), Vitamin B12: 0.07µg (1.12%)