



Pumpkin Patch Torte

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



373 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup brown sugar packed
- 0.5 cup canola oil
- 0.3 teaspoon cream of tartar
- 2 egg whites
- 4 eggs

- 2 cups flour all-purpose
- 3 drops drop natural food coloring green
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 12 servings pumpkin
- 1 cup maple syrup
- 0.5 teaspoon salt
- 15 ounces pumpkin puree canned
- 0.5 cup sugar
- 1 drop food coloring yellow

Equipment

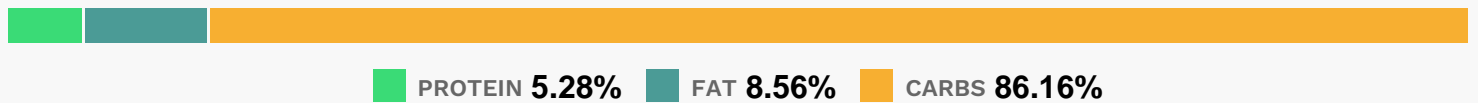
- bowl
- frying pan
- sauce pan
- oven
- wire rack
- blender
- baking pan
- toothpicks

Directions

- Line a greased 15-in. x 10-in. x 1-in. baking pan with waxed paper; grease the paper. In a large bowl, combine the pumpkin, sugars, eggs and oil until well blended.
- Combine the flour, baking powder, baking soda, cinnamon, ginger and salt; gradually add to pumpkin mixture.
- Pour batter into prepared pan.
- Bake at 350° for 20–25 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before inverting onto a wire rack to cool completely. Carefully remove waxed paper.

- For frosting, in a large heavy saucepan over low heat, combine the syrup, egg whites and cream of tartar. With a portable mixer, beat on low speed for 1 minute. Continue beating until frosting reaches 160°, about 8 minutes.
- Transfer to a large bowl. Beat on high speed until frosting forms stiff peaks, about 7 minutes.
- Remove 1/4 cup frosting to a small bowl; tint with green and yellow food coloring and set aside.
- Cut cake widthwise into thirds.
- Place one layer on a serving plate; spread with a third of the frosting. Repeat layers. Arrange pumpkins on cake; add vines with the green frosting.

Nutrition Facts



Properties

Glycemic Index:29.22, Glycemic Load:24.05, Inflammation Score:-10, Nutrition Score:13.786521699118%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 373.39kcal (18.67%), Fat: 3.61g (5.55%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 81.71g (27.24%), Net Carbohydrates: 80g (29.09%), Sugar: 61.31g (68.13%), Cholesterol: 54.56mg (18.19%), Sodium: 267.61mg (11.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Vitamin A: 5679.92IU (113.6%), Manganese: 0.93mg (46.34%), Vitamin B2: 0.55mg (32.64%), Selenium: 13.3µg (19%), Vitamin B1: 0.2mg (13.1%), Folate: 50.03µg (12.51%), Iron: 2.11mg (11.71%), Calcium: 102.39mg (10.24%), Phosphorus: 74.29mg (7.43%), Vitamin B3: 1.46mg (7.31%), Potassium: 249.71mg (7.13%), Fiber: 1.71g (6.83%), Vitamin K: 7.17µg (6.83%), Magnesium: 24.65mg (6.16%), Vitamin E: 0.88mg (5.89%), Vitamin B5: 0.52mg (5.2%), Copper: 0.1mg (5.02%), Zinc: 0.61mg (4.06%), Vitamin B6: 0.07mg (3.56%), Vitamin B12: 0.14µg (2.25%), Vitamin D: 0.29µg (1.96%), Vitamin C: 1.59mg (1.92%)