



Pumpkin-Pecan Layer Cake

 Vegetarian

READY IN



50 min.

SERVINGS



30

CALORIES



136 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1.5 cups firmly brown sugar light packed
- 0.5 cup butter softened
- 0.5 cup buttermilk
- 1 cup pumpkin canned
- 2 large eggs
- 2 cups flour all-purpose

- 2 teaspoons ginger fresh minced
- 1 cup pecans toasted chopped
- 2 teaspoons pumpkin pie spice
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract

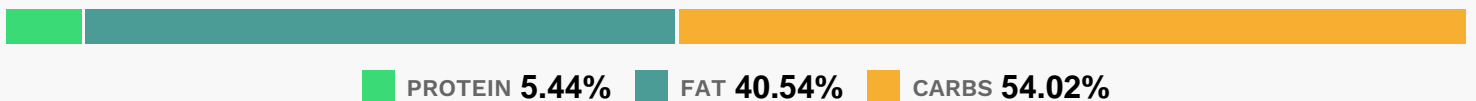
Equipment

- baking paper
- oven
- hand mixer

Directions

- Beat butter and sugar at medium speed with an electric mixer until light and fluffy.
- Add eggs, 1 at a time, beating until blended after each addition.
- Add pumpkin, beating until blended.
- Combine flour and next 4 ingredients.
- Combine buttermilk, vanilla, and ginger.
- Add flour mixture to butter mixture alternately with gingered buttermilk, beginning and ending with flour mixture. Beat at low speed after each addition. Fold in chopped pecans.
- Pour batter into 2 greased, parchment paper-lined 9" round cakepans.
- Bake at 350 for 18 to 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans, and cool completely on wire racks.
- Spread Ginger-Cream Cheese Frosting between layers and on top and sides of cake. Cover and chill overnight.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:4.75, Inflammation Score:-7, Nutrition Score:4.3669565553251%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 135.86kcal (6.79%), Fat: 6.26g (9.62%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 17.93g (6.52%), Sugar: 11.36g (12.62%), Cholesterol: 20.97mg (6.99%), Sodium: 122.29mg (5.32%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Protein: 1.89g (3.78%), Vitamin A: 1392.51IU (27.85%), Manganese: 0.26mg (13.14%), Vitamin B1: 0.09mg (6.33%), Selenium: 4.35µg (6.22%), Folate: 19.07µg (4.77%), Iron: 0.79mg (4.38%), Vitamin B2: 0.07mg (4.36%), Phosphorus: 39.33mg (3.93%), Calcium: 39.07mg (3.91%), Copper: 0.07mg (3.71%), Fiber: 0.83g (3.33%), Vitamin B3: 0.59mg (2.95%), Magnesium: 10.32mg (2.58%), Zinc: 0.31mg (2.04%), Potassium: 68.07mg (1.94%), Vitamin B5: 0.19mg (1.86%), Vitamin E: 0.27mg (1.81%), Vitamin K: 1.78µg (1.7%), Vitamin B6: 0.03mg (1.42%)