



Pumpkin Pecan Streusel Cake - gluten free, soy free, vegan

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



629 kcal

DESSERT

Ingredients

- 0.5 teaspoon aluminum free baking soda
- 2 teaspoons aluminum free baking soda
- 1 teaspoon apple cider vinegar
- 2 medium banana ripe mashed
- 0.3 cup brown rice flour red (Bob's Mill flours)
- 0.8 cup brown sugar light packed
- 0.8 cup brown sugar light packed

- 1 bag chocolate chips mini
- 1 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 0.5 teaspoon kosher salt
- 0.3 cup oat flour gluten free
- 0.5 cup pecans chopped
- 1 cup pumpkin puree
- 0.8 cup rice flour white
- 0.3 cup sorghum flour
- 0.3 cup country crock buttery spread
- 0.5 cup tapioca flour
- 0.5 cup yogurt (So Delicious brand)

Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- knife
- whisk
- hand mixer
- toothpicks
- cake form
- stove
- spatula

Directions

- Combine the flours, brown sugar, cinnamon and kosher salt in a small bowl.

- Add Earth Balance Soy Free
- Spread into the dry ingredients. Work the spread into the mixture with your hands until the mixture looks like coarse crumbs.
- Add the pecans, combine. Set aside. For the batter: Measure your coconut milk and add the apple cider vinegar to it.
- Let it sit without mixing to become sour-creamy looking. Set aside. In a medium bowl, sift together, or whisk the flours, baking powder, baking soda, cinnamon, ginger, nutmeg and kosher salt. In the bowl of an electric mixer fitted with the flat beater, beat together the butter and brown sugar on medium-high speed until well combined.
- Add the mashed banana, scraping down the sides of the bowl with a rubber spatula when needed.
- Add the pumpkin puree and sour cream mixture and continue to mix on low speed.
- Add in the flour mixture. The batter will be quite thick which is how it should be. Note: If your batter is not thick for some reason add 1/4 cup of white rice flour.
- Spread half of the thick batter into the prepared pan.
- Sprinkle half of the streusel over the batter.
- Add the remaining batter over the streusel and spread the thick batter evenly. Evenly spread the remaining streusel over the batter.
- Bake 55-60 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- Transfer the cake in the pan to your stovetop and let it cool for about 40 minutes. When cooled, remove the sides of the cake from the pan using a spreader type knife, or something that will not scratch your cake pan. Gently lift up the cake by pressing the removable bottom upwards. I then refrigerated the cake with the bottom part still holding the cake for about an hour.
- Transfer the chilled cake to a cake platter. Put pieces of wax or parchment paper under the edges of the cake to keep the glaze drips from making a mess of your platter. For the glaze: In a glass bowl set over a small saucepan with simmering water, combine mini chips with Earth Balance spread.
- Mix often to get a glossy sheen. When completely melted take off the saucepan and let it cool for 5 minutes before glazing the cake. Using a large spoon drizzle melted chocolate over the top of the cake. Slowly pull out the papers along the cake.
- Serve chilled, or room temperature.

Nutrition Facts

PROTEIN 3.72% FAT 28.71% CARBS 67.57%

Properties

Glycemic Index:32.72, Glycemic Load:11.38, Inflammation Score:-10, Nutrition Score:15.23652173913%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 1.13%, Sourness: 3.95%, Bitterness: 3.68%, Savoriness: 1.86%, Fattiness: 34.3%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 628.79kcal (31.44%), Fat: 20.5g (31.54%), Saturated Fat: 8.31g (51.94%), Carbohydrates: 108.56g (36.19%), Net Carbohydrates: 104.02g (37.83%), Sugar: 72.37g (80.41%), Cholesterol: 8.37mg (2.79%), Sodium: 340.33mg (14.8%), Protein: 5.97g (11.95%), Vitamin A: 5168.79IU (103.38%), Manganese: 1.1mg (54.79%), Phosphorus: 235.6mg (23.56%), Calcium: 213.09mg (21.31%), Fiber: 4.54g (18.16%), Vitamin B6: 0.28mg (14.07%), Vitamin E: 1.94mg (12.91%), Magnesium: 50.01mg (12.5%), Iron: 2.18mg (12.12%), Copper: 0.21mg (10.46%), Potassium: 331.67mg (9.48%), Vitamin B1: 0.14mg (9.42%), Vitamin K: 9.58µg (9.12%), Selenium: 5.63µg (8.04%), Vitamin B3: 1.41mg (7.07%), Vitamin B5: 0.63mg (6.33%), Zinc: 0.91mg (6.05%), Vitamin C: 4.26mg (5.16%), Vitamin B2: 0.08mg (4.83%), Folate: 16.08µg (4.02%)