



## Pumpkin Pie Cake

READY IN



45 min.

SERVINGS



16

CALORIES



301 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup canola oil
- ☐ 0.5 cup egg substitute
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 9 ounces flour all-purpose

- ☐ 1 cup granulated sugar
- ☐ 2 teaspoons orange juice fresh
- ☐ 0.3 cup pecans toasted chopped
- ☐ 3 cups powdered sugar
- ☐ 15 ounce pumpkin unsweetened canned
- ☐ 2 teaspoons pumpkin-pie spice
- ☐ 0.5 teaspoon salt

## Equipment

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

## Directions

- ☐ Preheat oven to 350
- ☐ To prepare cake, coat 2 (8-inch) round cake pans with cooking spray. Dust pans evenly with 2 tablespoons flour.
- ☐ Combine 1 cup granulated sugar, brown sugar, and oil in a large bowl; beat with a mixer at medium speed 2 minutes or until well blended.
- ☐ Add egg substitute and eggs; beat until well blended.
- ☐ Add pumpkin, beating until blended.
- ☐ Lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and next 3 ingredients (through salt) in a medium bowl. Gradually add flour mixture to pumpkin mixture, beating just until blended. Spoon batter into prepared pans.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack.

- ☐ Remove cake from pans; cool completely on wire rack.
- ☐ To prepare frosting, beat butter and cream cheese at medium speed until creamy. Gradually add powdered sugar, beating until blended (do not overbeat).
- ☐ Add juice, stirring until blended.
- ☐ Place 1 cake layer on a serving plate.
- ☐ Spread 1 cup frosting over layer, and top with remaining cake layer.
- ☐ Spread remaining frosting over top of cake.
- ☐ Sprinkle with pecans, and garnish with orange slices, if desired.

## Nutrition Facts



## Properties

Glycemic Index:26.51, Glycemic Load:18.17, Inflammation Score:-10, Nutrition Score:9.3847825838172%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 301.44kcal (15.07%), Fat: 7.05g (10.85%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 57.45g (19.15%), Net Carbohydrates: 56.02g (20.37%), Sugar: 42.41g (47.12%), Cholesterol: 27.01mg (9%), Sodium: 206.93mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.55%), Vitamin A: 4234IU (84.68%), Selenium: 11.25µg (16.07%), Manganese: 0.28mg (13.97%), Vitamin B1: 0.16mg (10.86%), Folate: 39.04µg (9.76%), Vitamin B2: 0.17mg (9.73%), Iron: 1.6mg (8.9%), Vitamin E: 1.16mg (7.73%), Vitamin K: 7.09µg (6.75%), Vitamin B3: 1.15mg (5.73%), Fiber: 1.43g (5.72%), Phosphorus: 56.65mg (5.66%), Copper: 0.09mg (4.33%), Vitamin B5: 0.43mg (4.28%), Calcium: 42.62mg (4.26%), Magnesium: 14.92mg (3.73%), Potassium: 118.14mg (3.38%), Zinc: 0.41mg (2.72%), Vitamin B6: 0.05mg (2.54%), Vitamin C: 1.67mg (2.02%), Vitamin D: 0.25µg (1.63%), Vitamin B12: 0.08µg (1.4%)