



Pumpkin Polenta Cake

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



396 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 2 tablespoons butter room temperature
- ☐ 2 cups pumpkin puree canned
- ☐ 4 egg whites lightly beaten
- ☐ 2 eggs lightly beaten
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon ground cloves

- ☐ 1 teaspoon ground nutmeg
- ☐ 1 cup yogurt plain low-fat
- ☐ 2 cups polenta yellow
- ☐ 1 teaspoon salt

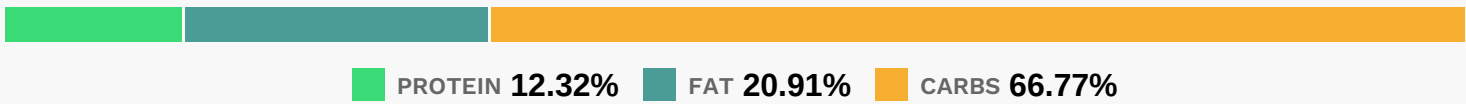
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8-inch square baking dish.
- ☐ In a blender or food processor, blend pumpkin, butter, eggs, and egg whites.
- ☐ Mix in the brown sugar, baking soda, salt, cinnamon, nutmeg, and cloves. Blend until smooth, and transfer to a medium bowl.
- ☐ Mix yogurt and polenta into the pumpkin mixture.
- ☐ Pour into the prepared baking dish.
- ☐ Bake until a toothpick inserted in the center comes out clean, about 45 minutes. Cool slightly before slicing.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:23.13, Inflammation Score:-10, Nutrition Score:18.866521814595%

Nutrients (% of daily need)

Calories: 395.82kcal (19.79%), Fat: 9.36g (14.41%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 67.28g (22.43%), Net Carbohydrates: 59.39g (21.6%), Sugar: 24.5g (27.22%), Cholesterol: 67.04mg (22.35%), Sodium: 603.78mg (26.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.84%), Vitamin A: 12929.27IU (258.59%), Manganese: 0.81mg (40.43%), Fiber: 7.89g (31.55%), Phosphorus: 242.01mg (24.2%), Magnesium: 90.02mg (22.51%), Vitamin B6: 0.41mg (20.75%), Vitamin B2: 0.34mg (19.9%), Selenium: 13.68µg (19.54%), Iron: 3.26mg (18.14%), Zinc: 2.38mg (15.85%), Potassium: 520.31mg (14.87%), Vitamin B1: 0.21mg (13.69%), Vitamin K: 14.31µg (13.62%), Calcium: 134.73mg (13.47%), Copper: 0.25mg (12.6%), Vitamin B5: 1.18mg (11.8%), Folate: 40.71µg (10.18%), Vitamin E: 1.38mg (9.21%), Vitamin B3: 1.73mg (8.64%), Vitamin B12: 0.39µg (6.42%), Vitamin C: 3.79mg (4.6%), Vitamin D: 0.29µg (1.96%)