



Pumpkin Pound Cake

READY IN



95 min.

SERVINGS



16

CALORIES



388 kcal

DESSERT

Ingredients

- 0.1 teaspoon apple pie spice
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup butter softened
- 16 servings powdered sugar
- 5 eggs
- 3 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves

- 2 tablespoons rum extract
- 0.5 teaspoon salt
- 1 cup pumpkin puree
- 3 cups sugar

Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

Directions

- In a bowl, cream the butter and sugar until light and fluffy.
- Add eggs, one at a time, beating well after each addition.
- Combine the flour, baking powder, cinnamon, soda, salt, cloves and pie spice.
- In a small bowl, combine pumpkin and rum extract.
- Add dry ingredients to creamed mixture alternately with pumpkin mixture.
- Pour into a greased and floured 12-cup fluted tube pan.
- Bake at 325° for 80–90 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely. Dust with confectioners' sugar.

Nutrition Facts



PROTEIN 4.49% FAT 30% CARBS 65.51%

Properties

Glycemic Index:18.26, Glycemic Load:39.25, Inflammation Score:-9, Nutrition Score:8.1882609051207%

Nutrients (% of daily need)

Calories: 388.42kcal (19.42%), Fat: 13.22g (20.33%), Saturated Fat: 7.78g (48.65%), Carbohydrates: 64.94g (21.65%), Net Carbohydrates: 63.71g (23.17%), Sugar: 45.88g (50.98%), Cholesterol: 81.65mg (27.22%), Sodium: 272.51mg (11.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.91%), Vitamin A: 2812.71IU (56.25%), Selenium: 12.66µg (18.08%), Vitamin B1: 0.19mg (12.93%), Folate: 51.64µg (12.91%), Manganese: 0.25mg (12.68%), Vitamin B2: 0.2mg (11.8%), Iron: 1.65mg (9.17%), Vitamin B3: 1.46mg (7.3%), Phosphorus: 72.47mg (7.25%), Calcium: 51.29mg (5.13%), Fiber: 1.22g (4.89%), Vitamin E: 0.66mg (4.39%), Vitamin B5: 0.39mg (3.91%), Vitamin K: 3.68µg (3.51%), Copper: 0.06mg (3.22%), Magnesium: 11mg (2.75%), Zinc: 0.39mg (2.6%), Vitamin B12: 0.15µg (2.44%), Potassium: 81.53mg (2.33%), Vitamin B6: 0.04mg (2.16%), Vitamin D: 0.28µg (1.83%)