



Pumpkin Pound Cake with Buttermilk Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons butter
- ☐ 15 ounce pumpkin canned
- ☐ 2 teaspoons cornstarch
- ☐ 0.8 cup brown sugar dark packed

- ☐ 4 large eggs
- ☐ 0.3 cup buttermilk fat-free
- ☐ 0.8 cup buttermilk fat-free
- ☐ 1 tablespoon flour all-purpose
- ☐ 13.5 ounces flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.8 cup granulated sugar
- ☐ 1.5 teaspoons pumpkin pie spice
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

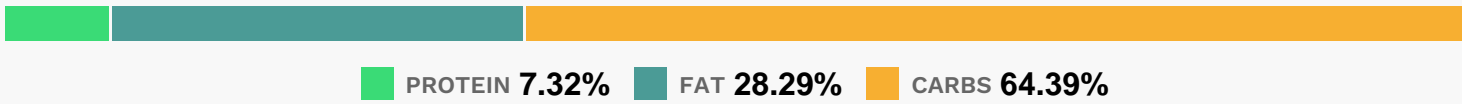
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare the cake, lightly coat a 10-inch tube pan with cooking spray; dust with 1 tablespoon flour.
- ☐ Spread pumpkin over 2 layers of paper towels; cover with 2 additional layers of paper towels.
- ☐ Let stand about 10 minutes. Scrape drained pumpkin into a bowl.

- ☐ Place 3/4 cup granulated sugar, brown sugar, and 1/2 cup butter in a large bowl; beat with a mixer at medium speed 3 minutes or until well blended.
- ☐ Add eggs, 1 at a time, beating well after each addition. Beat in pumpkin and vanilla. Lightly spoon 3 cups flour into dry measuring cups, and level with a knife.
- ☐ Combine flour and next 4 ingredients (through salt) in a bowl, stirring well with a whisk.
- ☐ Add flour mixture and 3/4 cup buttermilk alternately to sugar mixture, beginning and ending with flour mixture.
- ☐ Spoon batter into prepared pan.
- ☐ Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack.
- ☐ Remove from pan, and cool completely on wire rack.
- ☐ To prepare glaze, combine 1/3 cup buttermilk and remaining ingredients in a small saucepan over medium heat; bring to a boil. Cook 1 minute or until thick, stirring constantly; remove from heat.
- ☐ Drizzle cake with glaze.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:22.26, Inflammation Score:-10, Nutrition Score:9.9108696191207%

Nutrients (% of daily need)

Calories: 274.94kcal (13.75%), Fat: 8.74g (13.44%), Saturated Fat: 5.03g (31.41%), Carbohydrates: 44.75g (14.92%), Net Carbohydrates: 43.29g (15.74%), Sugar: 24.32g (27.02%), Cholesterol: 65.83mg (21.94%), Sodium: 236.25mg (10.27%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 5.09g (10.17%), Vitamin A: 4425.28IU (88.51%), Selenium: 12.52µg (17.89%), Vitamin B1: 0.2mg (13.57%), Folate: 54.11µg (13.53%), Manganese: 0.25mg (12.36%), Vitamin B2: 0.2mg (11.64%), Iron: 1.87mg (10.38%), Vitamin B3: 1.57mg (7.84%), Phosphorus: 68.67mg (6.87%), Fiber: 1.46g (5.84%), Vitamin K: 5.04µg (4.8%), Calcium: 46.5mg (4.65%), Vitamin B5: 0.43mg (4.28%), Vitamin E: 0.64mg (4.24%), Copper: 0.08mg (3.98%), Magnesium: 14.45mg (3.61%), Potassium: 115.87mg (3.31%), Zinc: 0.39mg (2.63%), Vitamin B6: 0.05mg (2.61%), Vitamin B12: 0.13µg (2.1%), Vitamin D: 0.25µg (1.67%), Vitamin C: 1.35mg (1.64%)