



Pumpkin Praline Cake

READY IN



150 min.

SERVINGS



15

CALORIES



395 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 0.3 cup whipping cream (heavy)
- ☐ 0.8 cup pecans chopped
- ☐ 2.8 cups flour all-purpose
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon baking soda

- ☐ 0.5 teaspoon nutmeg
- ☐ 0.3 teaspoon ground cloves
- ☐ 1.5 cups granulated sugar
- ☐ 1 cup vegetable oil
- ☐ 4 eggs
- ☐ 15 ounces pumpkin pie filling/mix canned (not pumpkin pie mix)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F.
- ☐ Heat brown sugar, butter and whipping cream in 2-quart saucepan over medium heat, stirring occasionally, until butter is melted.
- ☐ Pour into ungreased rectangular pan, 13x9x2 inches.
- ☐ Sprinkle with pecans.
- ☐ Mix flour, baking powder, cinnamon, salt, baking soda, nutmeg and cloves; set aside. Beat sugar, oil, eggs and pumpkin in large bowl with electric mixer on medium speed 1 minute, scraping bowl constantly. Gradually beat in flour mixture on medium speed 2 minutes, scraping bowl occasionally. Carefully spoon batter over pecan mixture.
- ☐ Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes.
- ☐ Place heatproof serving tray upside down onto pan; turn tray and pan over.
- ☐ Let pan remain over cake a few minutes. Cool completely, about 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:21.47, Glycemic Load:26.79, Inflammation Score:-9, Nutrition Score:10.550869615182%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 395.04kcal (19.75%), Fat: 15.83g (24.35%), Saturated Fat: 3.4g (21.23%), Carbohydrates: 60.72g (20.24%), Net Carbohydrates: 57.05g (20.75%), Sugar: 34.65g (38.5%), Cholesterol: 48.13mg (16.04%), Sodium: 400.99mg (17.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.74%), Vitamin A: 2748.73IU (54.97%), Manganese: 0.6mg (29.89%), Selenium: 12.32µg (17.6%), Vitamin B1: 0.23mg (15.13%), Folate: 59.03µg (14.76%), Fiber: 3.66g (14.65%), Vitamin B2: 0.22mg (13.04%), Iron: 1.91mg (10.63%), Phosphorus: 92.5mg (9.25%), Vitamin B3: 1.56mg (7.78%), Calcium: 76.01mg (7.6%), Vitamin B5: 0.69mg (6.87%), Copper: 0.14mg (6.84%), Vitamin K: 5.9µg (5.62%), Magnesium: 19.92mg (4.98%), Vitamin E: 0.73mg (4.87%), Vitamin B6: 0.1mg (4.76%), Zinc: 0.66mg (4.39%), Potassium: 130.89mg (3.74%), Vitamin D: 0.3µg (1.99%), Vitamin B12: 0.12µg (1.97%), Vitamin C: 1.1mg (1.34%)