



Pumpkin-Praline Layer Cake

READY IN



88 min.

SERVINGS



28

CALORIES



212 kcal

DESSERT

Ingredients

- 1 cup brown sugar divided packed
- 0.3 cup butter
- 1 cup pumpkin canned
- 8 oz philadelphia cream cheese softened
- 4 eggs
- 1 Tbsp milk
- 0.3 cup oil
- 0.5 cup planters pecans divided chopped
- 1 pkg spice cake mix (2-layer size)

- 0.5 cup water
- 1 cup cool whip whipped topping thawed

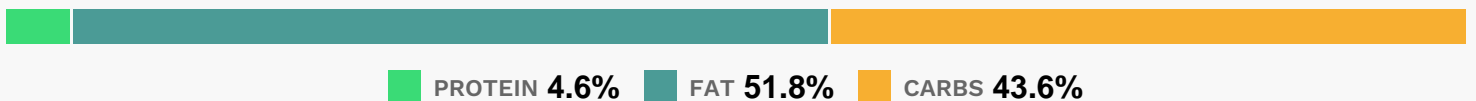
Equipment

- bowl
- oven
- knife
- blender
- toothpicks
- microwave

Directions

- Heat oven to 350F.
- Line 2 (9-inch) round pans with parchment; spray with cooking spray. Microwave butter and 3/4 cup sugar in microwaveable bowl on HIGH 2 min.; stir until blended.
- Pour into prepared pans; tilt pans to evenly cover bottoms. Reserve 1 Tbsp. nuts; sprinkle remaining nuts over butter mixture in pans. Beat cake mix, pumpkin, water, oil and eggs in large bowl with mixer until blended; pour over nuts in pans.
- Bake 26 to 28 min. or until toothpick inserted in centers comes out clean. Cool cakes in pans 10 min. Loosen cakes from sides of pans with knife. Invert cakes onto wire racks; gently remove pans and parchment. Cool cakes completely.
- Beat cream cheese, milk and remaining sugar in medium bowl with mixer until blended. Gently stir in COOL WHIP.
- Stack cake layers, praline sides up, on serving plate, spreading half the cream cheese mixture between layers.
- Spread remaining cream cheese mixture onto top of cake; sprinkle with reserved nuts.

Nutrition Facts



Properties

Glycemic Index:4.46, Glycemic Load:0.14, Inflammation Score:-7, Nutrition Score:5.022608720738%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg 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

Nutrients (% of daily need)

Calories: 212.35kcal (10.62%), Fat: 12.46g (19.16%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 22.85g (8.31%), Sugar: 17.58g (19.53%), Cholesterol: 37.49mg (12.5%), Sodium: 178.03mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Vitamin A: 1576.41IU (31.53%), Manganese: 0.2mg (10.15%), Phosphorus: 74.29mg (7.43%), Iron: 1.21mg (6.73%), Vitamin B2: 0.1mg (6.04%), Vitamin E: 0.83mg (5.55%), Vitamin B1: 0.08mg (5.46%), Vitamin K: 5.01µg (4.77%), Selenium: 3.31µg (4.73%), Copper: 0.09mg (4.33%), Calcium: 42.1mg (4.21%), Folate: 14.78µg (3.69%), Potassium: 122.21mg (3.49%), Fiber: 0.74g (2.95%), Vitamin B3: 0.55mg (2.74%), Magnesium: 10.57mg (2.64%), Vitamin B5: 0.25mg (2.52%), Zinc: 0.29mg (1.95%), Vitamin B6: 0.04mg (1.78%), Vitamin B12: 0.09µg (1.44%)