



## Pumpkin Semolina Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



199 kcal

DESSERT

### Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.8 cup pumpkin canned
- ☐ 6 eggs separated
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger

- ☐ 0.7 cup milk
- ☐ 1 pinch salt
- ☐ 0.3 cup semolina flour
- ☐ 0.8 cup sugar divided
- ☐ 6 tablespoons butter unsalted softened

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ roasting pan
- ☐ aluminum foil
- ☐ springform pan

## Directions

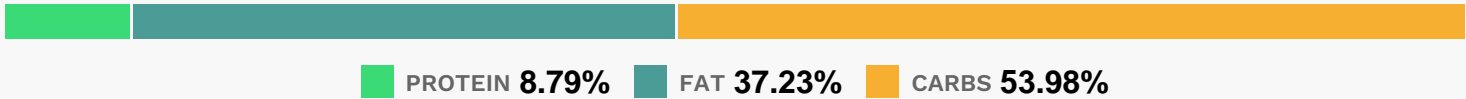
- ☐ Preheat oven to 350°F.
- ☐ Lightly grease a 9-inch springform pan, and dust with flour. Wrap outside of pan halfway up sides with aluminum foil, and place in a heavy-duty roasting pan.
- ☐ Combine first 5 ingredients in a small saucepan, and bring to a simmer over medium heat. Slowly whisk in semolina flour until smooth.
- ☐ Remove from heat, and place in a large bowl to cool.
- ☐ Add butter and pumpkin, stirring well.
- ☐ Sift together all-purpose flour, baking powder, and salt in a medium bowl; fold into pumpkin mixture until incorporated.
- ☐ Beat egg yolks and 1/2 cup sugar at medium speed with an electric mixer until light yellow and fluffy, about 3 minutes. Clean mixer blades, and beat egg whites in a separate bowl at high

speed with an electric mixer until frothy. Gradually add remaining 1/4 cup sugar, and beat to form stiff peaks. Fold yolk mixture into pumpkin mixture; gently fold in egg whites.

☐ Pour batter into prepared pan, place in a water bath, and bake at 350 for 50 to 55 minutes or until set in the center.

☐ \*Available in most supermarkets, semolina flour is made of wheat that's ground more coarsely than regular flour.

## Nutrition Facts



## Properties

Glycemic Index:27.84, Glycemic Load:13.21, Inflammation Score:-9, Nutrition Score:7.4121739993925%

## Nutrients (% of daily need)

Calories: 199.23kcal (9.96%), Fat: 8.39g (12.91%), Saturated Fat: 4.58g (28.63%), Carbohydrates: 27.38g (9.13%), Net Carbohydrates: 26.52g (9.64%), Sugar: 19.67g (21.86%), Cholesterol: 98.52mg (32.84%), Sodium: 69.92mg (3.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Vitamin A: 2699.45IU (53.99%), Selenium: 12.29µg (17.56%), Manganese: 0.23mg (11.31%), Vitamin B2: 0.18mg (10.5%), Phosphorus: 80.87mg (8.09%), Folate: 28.44µg (7.11%), Iron: 1.13mg (6.26%), Vitamin B1: 0.09mg (6%), Calcium: 58.31mg (5.83%), Vitamin B5: 0.51mg (5.1%), Vitamin B12: 0.28µg (4.68%), Vitamin D: 0.69µg (4.63%), Vitamin E: 0.59mg (3.91%), Fiber: 0.86g (3.45%), Vitamin B6: 0.06mg (3.22%), Vitamin B3: 0.63mg (3.17%), Potassium: 108.2mg (3.09%), Vitamin K: 3.23µg (3.08%), Zinc: 0.46mg (3.06%), Magnesium: 12.01mg (3%), Copper: 0.05mg (2.65%)