



Pumpkin Spice Cake

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



15

CALORIES



245 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 15 ounce pumpkin canned
- 4 large eggs
- 2 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground ginger

- 0.5 teaspoon salt
- 2 cups sugar
- 1 cup vegetable oil
- 0.5 cup walnuts toasted chopped

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer

Directions

- Combine first 4 ingredients in a large bowl. Beat at medium speed with an electric mixer until smooth.
- Combine flour and next 6 ingredients. Stir flour mixture into pumpkin mixture until well blended.
- Spread batter in a lightly greased 15- x 10 1/2-inch jelly-roll pan.
- Bake at 350 for 25 to 30 minutes or until lightly browned. Cool completely in pan on a wire rack.
- Spread Cream Cheese Frosting evenly over cake; sprinkle with walnuts.

Nutrition Facts



Properties

Glycemic Index:17.47, Glycemic Load:28.01, Inflammation Score:-10, Nutrition Score:10.214347766793%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 244.5kcal (12.22%), Fat: 7.06g (10.86%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 40.94g (14.89%), Sugar: 27.75g (30.84%), Cholesterol: 49.6mg (16.53%), Sodium: 191.7mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.65%), Vitamin A: 4485.68IU (89.71%), Manganese: 0.38mg (19.15%), Selenium: 10.26µg (14.65%), Folate: 44.02µg (11.01%), Vitamin B1: 0.16mg (10.43%), Vitamin B2: 0.17mg (9.99%), Vitamin K: 10.21µg (9.72%), Iron: 1.63mg (9.04%), Phosphorus: 79.82mg (7.98%), Fiber: 1.7g (6.79%), Copper: 0.13mg (6.46%), Vitamin B3: 1.15mg (5.76%), Calcium: 55.77mg (5.58%), Vitamin E: 0.72mg (4.83%), Magnesium: 18.48mg (4.62%), Vitamin B5: 0.41mg (4.14%), Vitamin B6: 0.07mg (3.39%), Potassium: 114.86mg (3.28%), Zinc: 0.47mg (3.12%), Vitamin B12: 0.12µg (1.98%), Vitamin D: 0.27µg (1.78%), Vitamin C: 1.25mg (1.52%)