Pumpkin Spice Cake II

Dairy Free

READY IN	SERVINGS	CALORIES
60 min.	15	256 kcal

DESSERT

Ingredients

- [ ] 1 teaspoon baking soda
- [ ] 15 ounce pumpkin puree canned
- [ ] 4 eggs
- [ ] 2 teaspoons ground cinnamon
- [ ] 0.5 teaspoon ground ginger
- [ ] 1 cup pecans chopped
- [ ] 1 cup vegetable oil
- [ ] 0.5 cup sugar white

- [ ] 18.3 ounce duncan hines classic decadent cake mix yellow

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] oven
- [ ] toothpicks

Directions

- [ ] Preheat oven to 375 degrees F (190 degrees C). Grease and flour a 9x13 inch pan.
- [ ] In a large bowl, stir together cake mix, sugar, baking soda, cinnamon and ginger. Make a well in the center and pour in pumpkin puree, oil, and eggs. Beat on low speed until blended. Scrape bowl, and beat 4 minutes on medium speed. Stir in chopped pecans.
- [ ] Pour batter into prepared pan.
- [ ] Bake in the preheated oven for 45 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts

PROTEIN **5.71%** FAT **35.35%** CARBS **58.94%**

Properties

Glycemic Index:5.67, Glycemic Load:4.69, Inflammation Score:-10, Nutrition Score:10.846956574399%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 255.8kcal (12.79%), Fat: 10.32g (15.88%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 38.72g (12.91%), Net Carbohydrates: 36.63g (13.32%), Sugar: 22.86g (25.4%), Cholesterol: 43.65mg (14.55%), Sodium: 342.25mg

(14.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin A: 4480.27IU (89.61%), Manganese: 0.51mg (25.37%), Phosphorus: 160.49mg (16.05%), Vitamin K: 11.25µg (10.72%), Calcium: 94.62mg (9.46%), Vitamin B2: 0.16mg (9.38%), Vitamin B1: 0.14mg (9.28%), Iron: 1.54mg (8.56%), Folate: 33.99µg (8.5%), Fiber: 2.08g (8.34%), Copper: 0.15mg (7.63%), Selenium: 5.11µg (7.3%), Vitamin E: 1.09mg (7.24%), Magnesium: 20.47mg (5.12%), Vitamin B3: 1.01mg (5.03%), Vitamin B5: 0.48mg (4.83%), Zinc: 0.63mg (4.2%), Vitamin B6: 0.08mg (3.92%), Potassium: 122.76mg (3.51%), Vitamin B12: 0.14µg (2.32%), Vitamin D: 0.23µg (1.56%), Vitamin C: 1.28mg (1.55%)