



Pumpkin Spice Cake with Brown Sugar Frosting

READY IN



110 min.

SERVINGS



50

CALORIES



96 kcal

DESSERT

Ingredients

- 1 cup pumpkin canned
- 0.3 cup brown sugar dark packed
- 3 eggs
- 8 oz philadelphia neufchatel cheese softened
- 0.3 cup oil
- 1 pkg spice cake mix (2-layer size)
- 0.8 cup planters walnuts chopped
- 1 cup water

1 cup cool whip lite whipped topping thawed

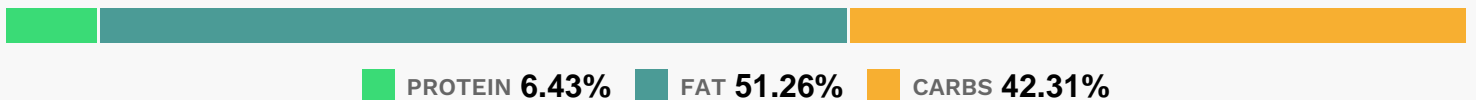
Equipment

- bowl
- frying pan
- oven
- blender
- toothpicks

Directions

- Heat oven to 350F.
- Beat first 5 ingredients in large bowl with mixer until well blended. Stir in nuts.
- Pour into 13x9-inch pan sprayed with cooking spray.
- Bake 30 to 32 min. or until toothpick inserted in center comes out clean. Cool completely.
- Beat Neufchatel and sugar in small bowl with mixer until well blended.
- Add COOL WHIP; mix well.
- Spread over cake.

Nutrition Facts



Properties

Glycemic Index:0.94, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:2.7600000306316%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 95.71kcal (4.79%), Fat: 5.56g (8.55%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 9.89g (3.6%), Sugar: 6.96g (7.73%), Cholesterol: 13.21mg (4.4%), Sodium: 88.84mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin A: 816.76IU (16.34%), Manganese: 0.13mg (6.34%), Phosphorus: 43.81mg (4.38%), Iron: 0.67mg (3.72%), Copper: 0.06mg (3.17%), Vitamin B1: 0.04mg (2.98%),

Vitamin B2: 0.05mg (2.97%), Vitamin E: 0.4mg (2.66%), Vitamin K: 2.69µg (2.56%), Folate: 9.52µg (2.38%), Calcium: 21.92mg (2.19%), Potassium: 67.1mg (1.92%), Selenium: 1.32µg (1.89%), Magnesium: 7.13mg (1.78%), Fiber: 0.44g (1.74%), Vitamin B3: 0.32mg (1.58%), Vitamin B5: 0.12mg (1.22%), Vitamin B6: 0.02mg (1.18%), Zinc: 0.17mg (1.16%)