

Pumpkin Tea Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



539 kcal

DESSERT

Ingredients

- ☐ 7 ml double-acting baking powder
- ☐ 2 ml baking soda
- ☐ 3 large eggs
- ☐ 225 g flour all-purpose
- ☐ 25 ml tsps ground cinnamon
- ☐ 1 ml ground cloves
- ☐ 10 ml nutmeg freshly grated
- ☐ 255 g tbsps pumpkin purée

- ☐ 4 ml salt
- ☐ 270 g sugar
- ☐ 250 ml vegetable oil

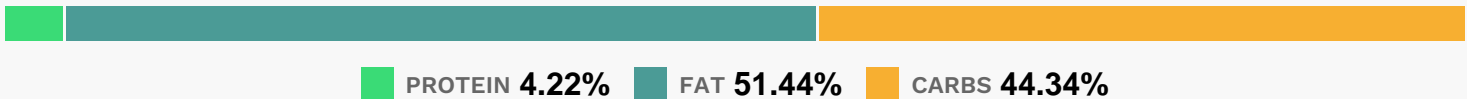
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ loaf pan
- ☐ stand mixer

Directions

- ☐ Preheat oven to 325°F. Butter the bottom and sides of a 9×5-inch loaf pan. (You can do this recipe with a stand mixer or by hand.)
- ☐ Mix the flour, baking powder, baking soda, cinnamon, nutmeg, and cloves into a mixing bowl. In a large mixing bowl, beat the pumpkin purée, oil, sugar, and salt together until well blended. Beat the eggs in one at a time, making sure each egg is completely incorporated before adding the next one. Scrape the sides of the bowl as necessary.
- ☐ Add the flour and mix until just combined. You don't want to overbeat the batter as it will result in a tougher crumb. Then beat for 5 to 10 seconds until smooth.
- ☐ Pour the batter into the loaf pan and tap the pan on the counter to help flatten the batter out.
- ☐ Remove the cake from the oven and let sit for 20 minutes. Invert the pan onto a cooling rack and flip the cake out. Turn the cake back right-side up and let cool completely.
- ☐ Serve at room temperature. Lasts about 4 days (well-wrapped) on your counter or up to a week in the refrigerator.
- ☐ Serves 6–8.

Nutrition Facts



Properties

Glycemic Index:39.01, Glycemic Load:39.6, Inflammation Score:-10, Nutrition Score:16.637826038444%

Nutrients (% of daily need)

Calories: 539.41kcal (26.97%), Fat: 31.55g (48.54%), Saturated Fat: 5.41g (33.79%), Carbohydrates: 61.21g (20.4%), Net Carbohydrates: 57.58g (20.94%), Sugar: 35.31g (39.23%), Cholesterol: 69.75mg (23.25%), Sodium: 396.41mg (17.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Vitamin A: 5072.54IU (101.45%), Vitamin K: 59.25µg (56.43%), Manganese: 0.86mg (43.18%), Selenium: 15.74µg (22.49%), Vitamin E: 2.98mg (19.9%), Folate: 65.26µg (16.31%), Vitamin B1: 0.24mg (16.07%), Vitamin B2: 0.25mg (14.73%), Fiber: 3.62g (14.5%), Iron: 2.5mg (13.9%), Calcium: 108.89mg (10.89%), Phosphorus: 102.55mg (10.26%), Vitamin B3: 1.85mg (9.25%), Copper: 0.11mg (5.72%), Vitamin B5: 0.55mg (5.5%), Magnesium: 20.32mg (5.08%), Potassium: 140.97mg (4.03%), Zinc: 0.58mg (3.88%), Vitamin B6: 0.07mg (3.46%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.38µg (2.5%), Vitamin C: 1.5mg (1.81%)